



State of New Hampshire

Department of Safety



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CLINICAL BULLETIN

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51	Hepatitis A Outbreak			April 18, 2019
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Hepatitis A Outbreak in New Hampshire

The New Hampshire Department of Health and Human Services' (DHHS) Division of Public Health Services (DPHS) has announced that there has been a significant increase in the number of people in New Hampshire diagnosed with hepatitis A.

What is Hepatitis A? Hepatitis A is a highly contagious liver infection caused by the Hepatitis A virus.

What are the Symptoms of Hepatitis A? Symptoms of Hepatitis A include jaundice (yellowing skin and eyes), abdominal pain, nausea, vomiting, loss of appetite, fatigue, dark urine and/or gray stools, joint pain and/or fever.

Who is at risk? Anyone can get Hepatitis A but people at greater risk are:

- People with direct contact with someone with hepatitis A
- People using injection or non-injection recreational drugs, including marijuana
- People experiencing homelessness or with unstable housing (e.g. "couch surfing")
- Gay and bisexual men
- People with ongoing, close contact with high-risk individuals

What can you do? Get vaccinated, wash your hands frequently, avoid sex with infected persons, do not share person items.

The Division reminds all first responders to practice universal precautions to minimize exposure during care. Those seeking immunity to the virus are highly encouraged to seek vaccination through their primary care network.

Eighteen states have declared an outbreak of hepatitis A. More than 15,000 cases and 140 deaths have been reported in the US. For more information on New Hampshire's outbreak, visit www.dhhs.nh.gov/dphs/cdcs/hepatitisa/hepa-nh.htm.

Current Hepatitis A Cases in New Hampshire – November 1, 2018 – April 16, 2019

- 79 infected (33 in March)
- 63% hospitalization
- 1 death
- Average age: 38
- 67% report substance use
- 35% report homelessness/unstable housing
- 11% incarceration

