



HEPATITIS E FACT SHEET

WHAT IS HEPATITIS E?

Hepatitis E is a liver infection caused by a virus. Hepatitis E is most common in developing countries with inadequate water supply and environmental sanitation. People living in refugee camps or overcrowded temporary housing after natural disasters can be particularly at-risk.

HOW DO YOU GET HEPATITIS E?

Hepatitis E is usually spread by drinking water contaminated by the feces (or stool) of an infected person. Hepatitis E in developed countries may occur as a result of consumption of raw or undercooked pork or deer.

SYMPTOMS

Some people with Hepatitis E do not have any symptoms. If symptoms occur, they usually appear anywhere from 2 to 6 weeks after exposure. Symptoms may include:

- Fever
- Fatigue
- Loss of appetite
- Nausea
- Vomiting
- Abdominal pain
- Dark urine
- Clay-colored bowel movements
- Joint pain
- Jaundice (a yellowing of the skin or eyes)

TREATMENT

There is no specific treatment for Hepatitis E; it usually improves with rest, adequate nutrition, fluids, avoiding alcohol, etc. Discuss treatment options with your doctor.

PREVENTION

Travelers should avoid drinking unpurified water and eating raw or undercooked pig or deer. Wash hands often with soap and water after using the restroom, changing diapers, and before eating.

DGHD EFFORTS

Reports of suspected and confirmed cases of disease are made to the Delaware General Health District (DGHD). The DGHD investigates potential sources of illness, conducts surveillance for the spread of disease, and engages in community outreach and education.