

THINK YOU'RE NOT AT RISK OF HEPATITIS? THINK AGAIN.

Hepatitis virus types A, B, C, D and E cause infection and inflammation of the liver that can lead to severe disease and death.

HEPATITIS A & E



Spread by poor food hygiene, unsafe water and lack of sanitation



The risk is higher in rural areas of developing countries but you can catch it anywhere

5 WAYS TO PROTECT YOURSELF



Talk to your healthcare provider about the hepatitis A vaccine



Cook food well and eat it while it's hot. Avoid raw shellfish and raw meat



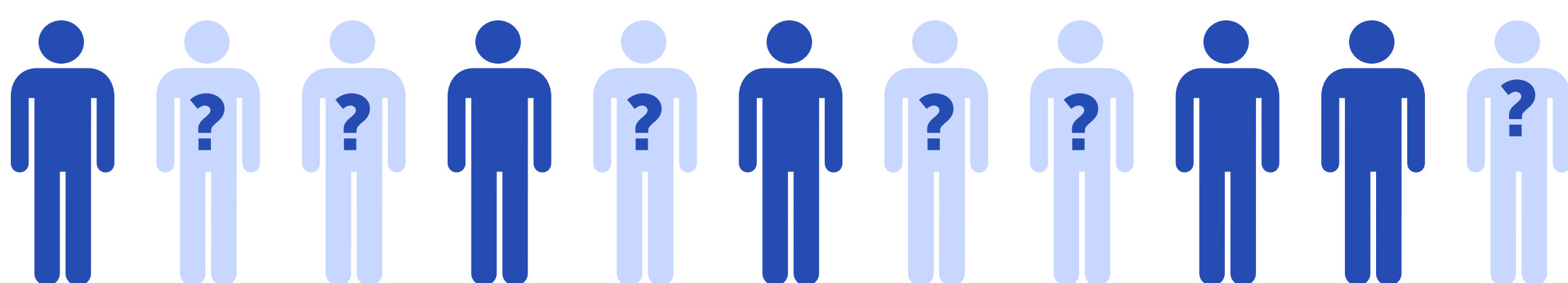
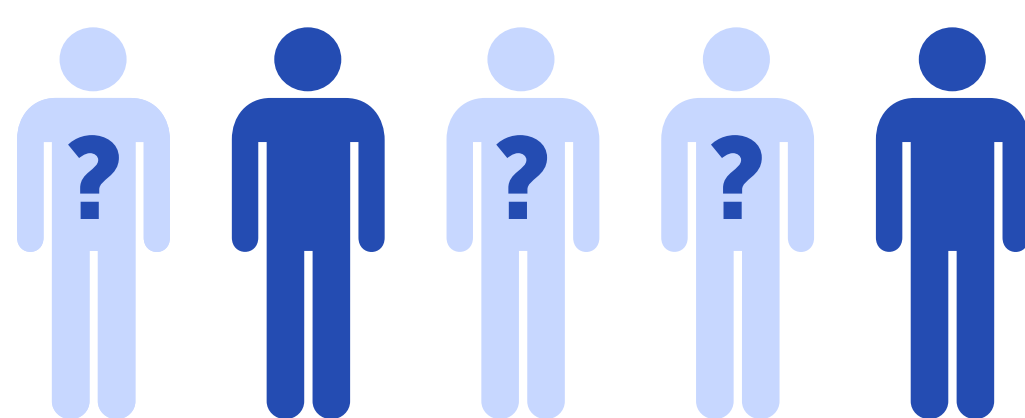
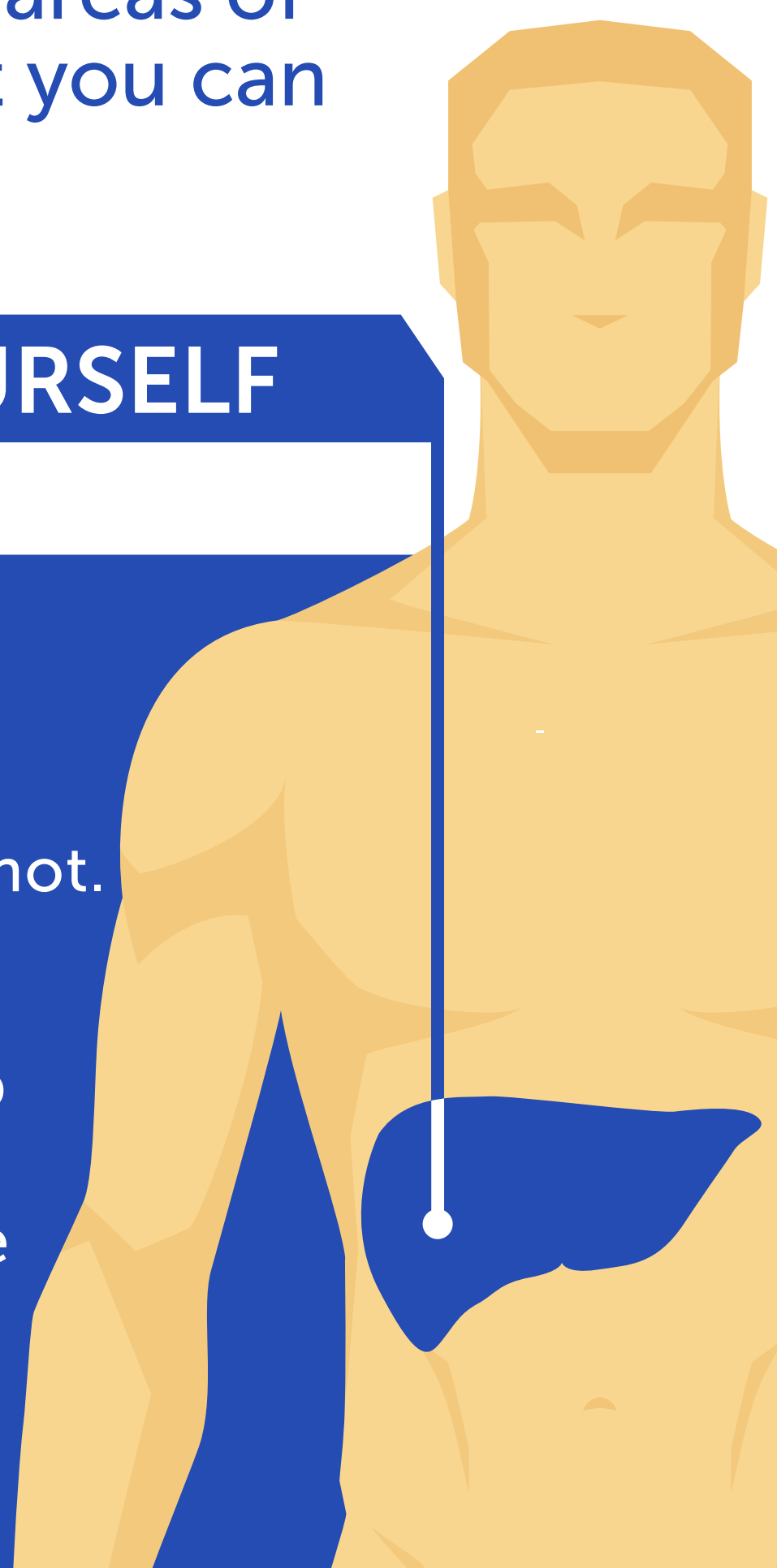
ALWAYS wash your hands with soap and water after using the toilet, changing a baby's nappy and before preparing food and eating



Peel fruit and vegetables, wash salads in clean water



Only drink safe water



An estimated **20 MILLION** people are infected with hepatitis E and **1.4 MILLION** with hepatitis A every year.

