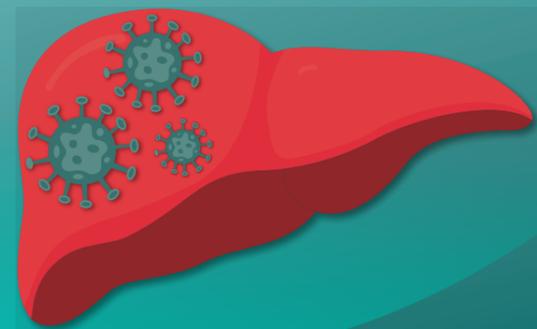


甲型肝炎 你要知

What you need to know about Hepatitis A



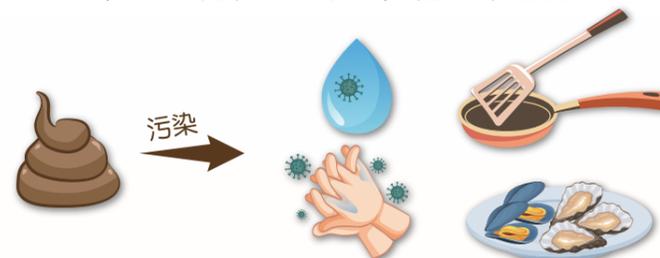
甚麼是甲型肝炎？

- 甲型肝炎是由甲型肝炎病毒感染所引起的急性肝臟疾病
- 潛伏期一般為十四至二十八日
- 患者可能沒有明顯症狀，部分患者或會出現與其他肝炎相類似的症狀，如發燒、疲倦、食慾不振、噁心、嘔吐、上腹部不適、茶色小便及黃疸（皮膚和眼白發黃）
- 成人出現徵狀的情況較兒童多，而病情在年紀較大的人士中亦較嚴重，患者可能需要數星期或數月的時間康復
- 大部分甲型肝炎患者能完全康復，但有極少數的病例會發展成肝臟衰竭，甚至死亡
- 甲型肝炎痊癒後一般可獲終生免疫，不會發展為慢性肝炎

甲型肝炎是怎樣傳播？

- 甲型肝炎病毒主要是通過糞口途徑傳播，即透過進食或接觸受病毒污染的食物、水或物件而傳播

- 甲型肝炎病毒可在糞便和土壤中長期存活，並能耐受酸性環境、高溫（60°C持續60分鐘）和冷凍溫度



- 與感染者有緊密接觸或性接觸（不限於肛口接觸）亦可傳播甲型肝炎病毒



如何治療甲型肝炎？

- 治療方法主要是舒緩不適和保持營養均衡，包括補充因嘔吐和腹瀉而流失的水分
- 目前沒有特定藥物醫治甲型肝炎



如何預防甲型肝炎？

個人衛生 預備食物前及進食前應洗手，如廁後要沖廁及用肥皂洗手

飲食衛生 食水飲用前要煮沸，所有食物都應清洗乾淨並徹底煮熟，尤其是蠔、蜆、貽貝和扇貝等雙殼類水產

環境衛生 適當處理污水及排泄物，妥善處理及儲存食水，保持廚房及食具清潔

接種疫苗 接種甲型肝炎疫苗

甲型肝炎疫苗



- 適用於年滿一歲或以上人士
- 整個接種程序注射共兩劑疫苗，第二劑通常於接種第一劑後六至十八個月注射
- 有效預防甲型肝炎，接種第一劑甲型肝炎疫苗後一個月，約95%的人士可以產生具保護性的抗體；完成兩劑疫苗注射能長時間保護身體免受甲型肝炎病毒感染
- 十分安全，副作用輕微(如注射部位疼痛)
- 曾因接種甲型肝炎疫苗或對疫苗中的任何成份產生過敏反應的人士不應接種

- 較高感染風險的人士應考慮接種甲型肝炎疫苗，如前往甲型肝炎流行地區的外遊人士（應於出發前最少兩星期接種第一劑）、男男性接觸者等
- 慢性肝病患者(如慢性乙型或丙型肝炎患者)應接種甲型肝炎疫苗，以預防同時感染甲型肝炎而為肝臟帶來額外負擔

如欲接種甲型肝炎疫苗，請諮詢家庭醫生



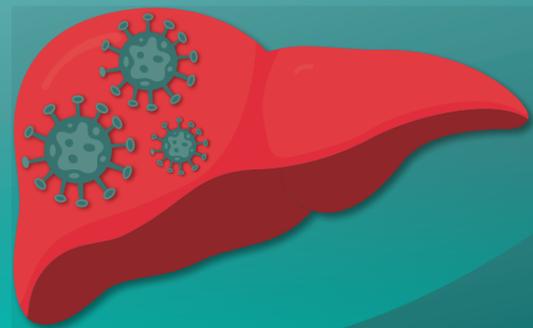
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衛生署 特別預防計劃 控制病毒性肝炎辦公室

2024年1月

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What you need to know about Hepatitis A



What is hepatitis A?

- Hepatitis A is an acute liver disease caused by hepatitis A virus (HAV) infection.
- The incubation period is usually 14 - 28 days.
- People with hepatitis A may be asymptomatic, while some may have clinical features similar to other types of hepatitis, such as fever, fatigue, loss of appetite, nausea, vomiting, upper abdominal discomfort, tea-coloured urine and jaundice (yellowing of the skin and the whites of eyes).
- Adults have signs and symptoms of illness more often than children**, and the severity of disease is higher in older age groups. Recovery may take several weeks or months.
- Most patients have a complete recovery.** In rare cases, hepatitis A may lead to liver failure and even death.
- People recovered from hepatitis A usually develop lifelong immunity against the infection. Hepatitis A does not cause chronic liver disease.

How is hepatitis A transmitted?

- HAV is transmitted primarily by the **faecal-oral route**; that is through ingestion and contact of food, water or objects that has been contaminated with the virus.
- HAV can persist in faeces and soil for a prolonged period of time. It is resistant to acidic environment (low pH) and heat (60 °C for 60 minutes) as well as to freezing temperatures.



- HAV can also be transmitted through **close personal contact** or **sexual contact** (not limited to anal-oral contact) with an infectious person.

How to treat hepatitis A?

- Therapy is aimed at maintaining comfort and adequate nutritional balance, including replacement of fluids that are lost from vomiting and diarrhoea.
- There is no specific treatment for hepatitis A.



How to prevent hepatitis A?

Personal hygiene

Perform hand hygiene before handling food or eating. Flush the toilet after use and wash hands with soap.



Food hygiene

Drink boiled water. Eat thoroughly cleaned and cooked food, especially bivalves such as oysters, clams, mussels and scallops.



Environmental hygiene

Treat contaminated water and sewage properly. Handle and store drinking water properly. Keep kitchens and utensils clean.



Receive hepatitis A vaccination



Hepatitis A vaccine



- Suitable for people **aged one year or above**
- A complete course of vaccination takes a total of **two doses**. The second dose is usually given 6 to 18 months after the first dose.
- Hepatitis A vaccine **can effectively prevent HAV infection**. One month after receiving the first dose of hepatitis A vaccine, about 95% of people would produce protective antibody levels against infection. Completion of the two-dose course of vaccination can provide long-term protection against HAV infection.
- Very safe** with minor side effects (e.g. pain at injection site)
- Anyone who has ever had allergic reaction after previous hepatitis A vaccination or is allergic to any component in hepatitis A vaccine should not receive the vaccine.
- People at higher risk of infection** should consider hepatitis A vaccination, such as travellers to endemic areas of hepatitis A (should receive the first dose of hepatitis A vaccine at least 2 weeks before departure) and men who have sex with men.
- People with chronic liver diseases** (such as chronic hepatitis B or C) should receive hepatitis A vaccination to prevent co-infection with HAV, which poses additional burden to the liver.

For hepatitis A vaccination,
please consult your family doctor.



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Viral Hepatitis Control Office
Special Preventive Programme
Department of Health

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