



Going abroad?

Are you planning to explore or visit places such as Africa, the Indian subcontinent, the Far East, the Middle East, Central or South America?¹

You may be advised to have a vaccination against **Hepatitis A**.

If you are going abroad, check the most up-to-date information on www.travelhealthpro.org.uk and book a travel health assessment when appropriate.

Hepatitis A is a liver infection **caused by a virus**. It is not usually serious and most people recover within a couple of months.²

Symptoms usually appear around 4 weeks after infection and can include (but are not limited to) some or all of the following: **fever, joint/muscle pain, sickness, pain in stomach, yellowing of the skin/eyes, dark urine and pale stools**.²

In rare cases (less than 1 in every 250 people infected), hepatitis A can cause life-threatening complications, like liver failure.²

Read more about hepatitis A by visiting www.nhs.uk/conditions/hepatitis-a.



You may be at risk if you travel to parts of the world where standards of sanitation and food hygiene are poor.² Check this UK website for vaccination recommendations for your chosen destination: <https://travelhealthpro.org.uk/countries>.



Although it's uncommon in the UK, certain groups are at increased risk of getting hepatitis A, even if not travelling abroad.²



You could be infected by:²

- Drinking contaminated water (including ice)
- Eating food prepared by someone with hepatitis A who hasn't washed their hands properly (e.g., salad, uncooked shellfish, fruits)
- Close contact with someone who has hepatitis A
- Having sex or sharing contaminated needles (injecting drug use) with someone who has hepatitis A

To help protect yourself against hepatitis A, when travelling abroad, the NHS and the British Liver Trust give the following advice:^{2,3}

- Talk to your doctor, nurse or pharmacist about hepatitis A vaccination
- Wash your hands thoroughly before eating
- Make sure that hot food is freshly cooked and served piping hot
- Drink only bottled, boiled or purified water. Avoid ice
- Avoid raw or undercooked foods such as salad, vegetables and shellfish
- Avoid close contact with someone who has hepatitis A

Talk to your doctor, nurse or pharmacist about hepatitis A vaccination if you think you're at high risk of infection – it is usually available for free on the NHS for anyone who needs it.²

The NHS advises that you speak with a doctor, nurse or pharmacist about your planned destination as early as possible, **at least 8 weeks before you travel**.⁴ They will talk you through travel health risks and help you plan the best way to stay healthy during your trip.

As the most common mode of infection in travellers is consumption of contaminated food or water, to reduce the risk of getting hepatitis A, the National Travel Health Network and Centre (NaTHNaC) advises to keep good personal hygiene and follow advice on the prevention of food and water-borne diseases.¹



If you are unwell after you have been abroad, remember to tell your doctor about your travels.



Bon voyage

For more information visit www.nhs.uk/conditions/hepatitis-a

Sanofi also provides travel health information on its website www.smarter-traveller.co.uk.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects, you can help provide more information on the safety of this medicine.

References

1. NaTHNaC. Hepatitis A. Available at <https://travelhealthpro.org.uk/disease/70/hepatitis-a>. Accessed: May 2023.
2. NHS. Hepatitis A. Available at www.nhs.uk/conditions/hepatitis-a. Accessed: May 2023.
3. British Liver Trust. Hepatitis A. Available at: <https://britishlivertrust.org.uk/information-and-support/living-with-a-liver-condition/liver-conditions/hepatitis-a/>. Accessed: May 2023.
4. NHS. Travel vaccinations. Available at: <https://www.nhs.uk/conditions/travel-vaccinations>. Accessed: May 2023.