

# Hepatitis A (HAV) Vaccine

## Get protected, get immunized.

- Vaccines make your immune system stronger. They build antibodies to help prevent diseases.
- Immunization is safe. It is much safer to get immunized than to get these diseases.

### What is the HAV vaccine?

The HAV vaccine protects against hepatitis A.

### What is hepatitis A?

Hepatitis A is an infection in the liver that is caused by the hepatitis A virus. Symptoms include poor appetite, nausea (feeling sick to your stomach) and vomiting (throwing up), feeling tired, fever, and jaundice (yellow skin and eyes). The symptoms can be serious and last for months. Some people, especially babies and young children, do not have symptoms but can still have the disease.

One out of 4 adults who get hepatitis A need to be admitted to a hospital. It is rare, but you can die from hepatitis A infection.

### Who is most at risk?

You are at high risk of getting hepatitis A if you:

- have close contact with someone infected with hepatitis A
- live in a community or travel to an area that has a high risk of hepatitis A
- have a lifestyle that puts you at risk of getting the infection, such as using street drugs
- are a man who has sex with men
- need certain treatments for a bleeding disorder
- have contact with the virus at work, such as some researchers and people who work with monkeys or other non-human primates

People who have liver problems, have a weak immune system, or are over age 60 years are at higher risk for getting seriously ill if they get hepatitis A.

### How does it spread?

Hepatitis A spreads through infected stool (poop) getting onto hands or into food and water, and then into the mouth.

Some people, especially babies and young children, do not have symptoms but can still spread the disease.

### Who should get the HAV vaccine?

People with liver problems and people who are at risk for contact with the hepatitis A virus can get this vaccine.

Ask a public health nurse to find out if you can get the HAV vaccine for free. You may need a blood test to check if you are already protected.

The vaccine may be recommended for you if you travel to an area that has a high risk of hepatitis A. If you get the vaccine because of travel, it is not free.

If you cannot get the vaccine for free, check with your health insurance provider to see if your plan covers the cost.

### How many doses do I need?

Most people need 2 doses, at least 6 months apart.

### Are there other vaccines that protect against hepatitis A?

There are 2 other vaccines that protect against hepatitis A:

**Twinrix** vaccine protects against the hepatitis A and B viruses. People who travel often get this vaccine.

**Vivaxim** vaccine protects against the hepatitis A and typhoid infections. People who are travelling to areas where there is risk of hepatitis A and typhoid may get this vaccine.

If you have already had these vaccines you may not need the HAV vaccine. Check with your healthcare provider to find out if you need more doses.

### How well does the vaccine work?

If you are immunized before you have contact with the hepatitis A virus, the protection is about 95% to 100%.

If you get this vaccine within 1 week after contact with hepatitis A virus, the protection is about 80%.

### Where can I get the HAV vaccine?

If you can get this vaccine for free, contact your local public health or community health centre.

If you want the vaccine and need to pay for it, contact a travel health clinic or talk to your doctor or pharmacist.

## Are there side effects from the HAV vaccine?

There can be side effects from the HAV vaccine, but they tend to be mild and go away in a few days. Side effects may include:

- redness, warmth, swelling, bruising, a hard spot, or feeling sore where you had the needle
- feeling tired or unwell or getting upset easily
- a headache
- feeling dizzy
- body aches or stiffness
- a fever
- not feeling hungry or not wanting to eat (poor appetite)
- nausea, stomach pain, vomiting (throwing up), or loose stool (diarrhea)
- a rash
- sore throat, cough, or runny nose
- an earache
- pink eye (conjunctivitis)
- changes to your menstrual period
- teething in children under 2 years

At least 1 out of 100 people who got this vaccine reported 1 or more of these side effects. In some cases, it is unknown if the vaccine caused these side effects.

It is important to stay at the clinic for 15 minutes after your vaccine. Some people may have a rare but serious allergic reaction called anaphylaxis. If anaphylaxis happens, you will get medicine to treat the symptoms.

It is rare to have a serious side effect. Call Health Link at 811 to report any serious or unusual side effects.

## How can I manage side effects?

- To help with soreness and swelling, put a cool, wet cloth over the area where you had the needle.
- There is medicine to help with fever or pain. Check with your doctor or pharmacist if you are not sure what medicine or dose to take. Follow the directions on the package.
- Some people with health problems, such as a weak immune system, must call their doctor if they get a fever. If you have been told to do this, call your doctor even if you think the fever is from the vaccine.

## Who should not get the HAV vaccine?

You may not be able to get this vaccine if:


- You have an allergy to any part of the vaccine.
- You had a severe (serious) or unusual side effect after this vaccine or one like it.

If you have allergies or have had a side effect from this vaccine in the past, check with your doctor or a public health nurse before you get the vaccine.

Although you can get the vaccine if you have a mild illness such as a cold or fever, you should stay home until you are feeling better to prevent spreading your illness to others.

## I have a fear of needles. How can I prepare for my immunization?

Many adults and children are afraid of needles. You can do many things before, during, and after immunization to be more comfortable.

 Scan the QR code, visit [ahs.ca/vaccinecomfort](https://ahs.ca/vaccinecomfort), or call Health Link at 811 for information.

## For more information about immunization



Call Health Link at **811**



Scan the QR code or go to [ahs.ca/immunize](https://ahs.ca/immunize)