Hepatitis E: What You Need to Know

What is Hepatitis E?

Although rare in developed countries, **hepatitis E** is widespread in the developing world. In the vast majority of people, **hepatitis E** infection results in a self-limited, acute illness.

Basic Facts

- **Hepatitis E** is not commonly acquired in the United States
- Most cases of **hepatitis E** in the United States occur among people who have traveled to a developing country
- **Hepatitis E** is most common in developing countries with inadequate water supply and poor environmental sanitation

HBI Health Betterment Initiative

A diverse team serving diverse communities

Source: cdc.gov

Hepatitis E: What You Need to Know

How it Spreads

Hepatitis E is most commonly spread by drinking contaminated water. In the United States and other developed countries, people have gotten sick with **hepatitis E** after eating raw or undercooked pork, venison, or wild boar meat.

Symptoms

Many people with **hepatitis E**, especially young children, do not have any symptoms. Others may experience one or more of these symptoms:

- Fever
- Fatigue
- Loss of appetite
- Nausea
- Vomiting
- Abdominal pain
- Dark urine
- Clay-colored stool
- Joint pain
- Jaundice

Diagnosis & Treatment

Hepatitis E can only be diagnosed with laboratory tests ordered by your healthcare provider. If you are having symptoms of **hepatitis E**, see your healthcare provider. There is no specific treatment for **hepatitis E** yet. Most people get better by treating their symptoms.

Prevention

No vaccine is available to protect against **hepatitis E**. You can lower your risk by drinking only purified water when visiting countries where **hepatitis E** is common and by avoiding raw or undercooked pork, venison, or wild boar meat.

Source: cdc.gov