

Since November 2016, there has been an increase in the cases of hepatitis A in Spain and in other European countries, mainly among gay, bisexual and other men who have sex with men (MSM). The World Health Organisation (WHO) currently considers the risk of sexual transmission of hepatitis A in Spain to be moderate to high.

HEPATITIS A



01

WHAT IS HEPATITIS A?

It is a disease caused by the hepatitis A virus (HAV) that affects the liver. It is an acute infection that heals by itself, that never becomes chronic and that is almost never fatal. People who have it acquire lifelong immunity to hepatitis A (they cannot become infected again).

02

WHAT ARE ITS SYMPTOMS?

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03

HOW IS IT SPREAD?

The virus is spread by contact with water or food contaminated by the faeces of a person with hepatitis A. The virus can also be transmitted through close contact with an infected person, through contaminated hands and through sexual practices involving oral contact with areas of the body contaminated with faeces such as oral-anal (rimming) or hand-anal contact (fisting or fingering).

04

HOW IS IT PREVENTED?

There are vaccines to prevent hepatitis A. If you have not been vaccinated, go to your health centre or STI and/or HIV centre where you can be vaccinated for free.

05

OTHER TIPS FOR AVOIDING HEPATITIS A:

- Wash your hands often, especially after going to the toilet.
- Wash your hands after sexual intercourse, and also, if possible, the buttocks, groin and penis.
- Use protection in sexual practices that involve introducing fingers (fingering) and hands (fisting) into the anus and oral-anal contact (rimming).
- Use a new condom with each person and a different one for each anal and oral sexual practice.
- Avoid sharing unprotected sex toys.

gt grupo de trabajo sobre tratamientos del VIH
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA
ONG DE DESARROLLO

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Tel. 93 458 26 41
consultas@gtt-vih.org