

Where can you find us?

We are here to support you in everything related to HIV, your wellbeing, and your quality of life.

Don't hesitate to contact us if you need any help or information - **we are here for you!**

Pre-arranged attention:

C/ Gandía 1, local 9A (coworking Freeland)

Nearest metro stations:

Pacífico (L1& L6) y Puente de Vallecas (L1)

Contact for information:

Tel. (+34) 683 28 03 12

e-mail: madrid@gtt-vih.org

Contact for legal assistance:

Tel. (+34) 659 11 02 07

e-mail: legal@gtt-vih.org

Follow us on our social media:

 @gTtVih

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Project:

VIH e interculturalidad. 2025

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

www.gtt-vih.org

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SUBVENCIONA 0,7% IRPF:



Comunidad de Madrid

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ENGLISH

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Hepatitis A

Hepatitis A is an inflammation of the liver caused by a virus. The virus spreads through contact with water or food contaminated by the faeces of an infected person.

Symptoms you should be aware of

- Tiredness and fever.
- Body **aches** and stomach pain.
- Nausea and vomiting.
- Yellowing of the skin and eyes.
- Dark urine and pale stools.

You may not have any symptoms, but you can still pass it on to other people.

Hepatitis A can be prevented or cured. If you think you may have it or want to get vaccinated, contact your doctor to get the necessary tests.

How can hepatitis A be prevented?

-  Wash your hands before eating and after using the toilet.
-  Clean your toilet frequently.
-  Eat well-cooked meat, fish, and seafood.
-  Wash vegetables and fruit thoroughly, especially if they are to be eaten raw.
-  Drink **safe water**. If safe water is not available, boil it for at least 1 minute.
-  Avoid contact with **faeces** during sexual practices.
-  Get vaccinated.