



Understanding Hepatitis is crucial for maintaining your health. Hepatitis refers to inflammation of the liver, which can be caused by viruses, alcohol, or other factors. Viral hepatitis is particularly common and comes in several types: A, B, C, D, and E.

Causes:

- **Hepatitis A and E:** Spread through contaminated food or water.
- **Hepatitis B, C, and D:** Typically spread through blood, sexual contact, or from mother to child during childbirth.

Symptoms to Look Out For:

- **Hepatitis A:** Fever, fatigue, nausea, abdominal pain, jaundice.
- **Hepatitis B and C:** Often asymptomatic initially but can lead to liver damage over time.
- **Hepatitis D:** Only occurs in those already infected with Hepatitis B.
- **Hepatitis E:** Similar symptoms to Hepatitis A; more severe in pregnant women.

Prevention:

- **Vaccination:** Vaccines are available for Hepatitis A and B.
- **Hygiene:** Wash hands thoroughly, especially before preparing or eating food.
- **Safe Practices:** Use condoms, avoid sharing needles or personal items.
- **Healthcare:** Get tested and treated if you suspect infection.

Early detection and proper management are key to preventing complications. If you experience symptoms or have concerns, consult your healthcare provider promptly.

Schedule an *in-office* OR *virtual* visit with your local clinic!

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412 4th St.
Colusa, CA 95932
(707) 732-8679

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