

## Fact Sheet

<b>Disease:</b>	<b>Viral Hepatitis (E)</b>
<b>Overview:</b>	<ul style="list-style-type: none"> <li>- Hepatitis E is a liver disease caused by infection with a virus known as hepatitis E virus (HEV).</li> <li>- Every year, there are an estimated 20 million HEV infections worldwide.</li> <li>- Usually, Hepatitis E is self-limiting. However, it could evolve into acute liver failure in some cases.</li> <li>- The hepatitis E virus is transmitted mainly through the faecal-oral route due to faecal contamination of drinking water.</li> <li>- Hepatitis E is found worldwide, but the prevalence is highest in East and South Asia.</li> <li>- A vaccine to prevent hepatitis E virus infection has been developed and is licensed in China, but is not yet available elsewhere.</li> </ul>
<b>Introduction</b>	<p>Hepatitis E is a liver disease caused by hepatitis E virus (HEV). It is self-limiting and does not evolve into chronic infection. It is found worldwide, mainly in countries with with limited access to essential water, sanitation, hygiene and health services.</p>
<b>Causes:</b>	Hepatitis E Transmission.

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<p><b>Transmission</b></p>	<p>The virus is shed in the stools of infected persons, and enters the human body through the intestine. Other routes of transmission include:</p> <ul style="list-style-type: none"> <li>• Ingestion of undercooked meat or meat products derived from infected animals.</li> <li>• Consumption of contaminated raw shellfish (clams and oysters).</li> <li>• Transfusion of infected blood products.</li> <li>• Vertical transmission from a pregnant woman to her fetus.</li> </ul>
<p><b>Symptoms:</b></p>	<ul style="list-style-type: none"> <li>• Jaundice (a yellowing of the skin and whites of the eyes).</li> <li>• Abdominal pain.</li> <li>• Dark urine and grey-colored faeces.</li> <li>• Nausea and vomiting (lasting for a few days).</li> <li>• Appetite loss.</li> <li>• Joint pains.</li> <li>• Mild fever.</li> <li>• Itching and skin rash.</li> </ul>
<p><b>Diagnosis:</b></p>	<p>Lab Tests.</p>
<p><b>Incubation Period</b></p>	<p>Following exposure to HEV virus, the incubation period ranges from 2 to 10 weeks.</p>
<p><b>Risk Factor:</b></p>	<ul style="list-style-type: none"> <li>• Poor sanitation.</li> <li>• Lack of safe drinking water.</li> </ul>

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	<ul style="list-style-type: none"> <li>Travelers to areas where the virus is endemic.</li> </ul>
<b>Higher Susceptibility Groups:</b>	<ul style="list-style-type: none"> <li>Children aged under 16 years.</li> <li>Pregnant women.</li> <li>Travelers to areas where the virus is endemic.</li> <li>People with chronic liver disease.</li> <li>People in camps for displaced populations with HEV.</li> </ul>
<b>Complications:</b>	In rare cases, acute hepatitis E can result in acute liver failure, putting many patients at risk of death.
<b>Prevention:</b>	<p><b>A) Exposure prevention, through:</b></p> <ul style="list-style-type: none"> <li>Maintaining quality standards for water supplies.</li> <li>Establishing proper disposal systems for human feces.</li> <li>Maintaining personal hygienic practices.</li> <li>Sanitary food preparation.</li> </ul> <p><b>B) Infection prevention:</b></p> <ul style="list-style-type: none"> <li>Sanitation (proper disposal of human waste and high standards of public water supplies) is the most important measure in prevention of hepatitis E. Travelers, mainly pregnant women, should avoid unsafe water and ice supplies.</li> <li>maintaining hygienic practices such as hand-washing with safe water, particularly before handling food</li> </ul> <p><b>C) Disease prevention:</b></p>

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	<p>In 2011, a recombinant subunit vaccine to prevent hepatitis E virus infection was registered in China. NO data is available on the effectiveness of any other HEV vaccine.</p>
<b>Treatment:</b>	<p>There is no specific treatment for hepatitis E. Therapy is aimed at maintaining comfort and adequate nutritional balance, including replacement of fluids. avoid alcohol, and check with their physician before taking any medications that can damage the liver, (such as: acetaminophen). Hospitalization is sometimes required in severe cases and should be considered for pregnant women.</p>
<b>References:</b>	<p>- WHO <a href="http://www.who.int/en/">http://www.who.int/en/</a></p>

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