

# Hepatitis A is going around.

Hepatitis A is a virus that can cause liver disease.

## Protect yourself:

**Wash your hands\* with soap and warm water before touching food and after going to the bathroom or using drugs.**



1. Use warm water and soap.
2. Rub your hands together for at least 20 seconds.
3. Rinse your hands well with warm water.
4. Dry your hands using a paper towel or air dry them.

\*Washing with soap and warm water is best.



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