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Hepatitis A Situation in Southwestern Ontario Health Unit

A confirmed case of hepatitis A infection in a food handler who works at the **TA Travel Centre located at 535 Mills Street in Woodstock, ON** was identified by Southwestern Public Health. The restaurant is a **popular travel stop on HWY 401** and many people outside of Southwestern Public Health may be affected.

All individuals who ate food at, or from, the TA Travel Centre from the restaurant menu (sit-down or takeout) between August 6 – 22, 2019 are potentially at risk. Those who ate from the **buffet or ready-to-eat food from the convenience kiosks** are not considered at risk and **do not require follow-up.**

Individuals identified as **“at risk” should be offered post-exposure prophylaxis (PEP)** within 14 days of exposure. See [Public Health Ontario](#) for more information on advice for hepatitis A susceptible individuals. For those past the 14 day exposure window, they can be educated on the symptoms to watch for and to seek medical attention should symptoms develop. **If PEP is indicated, contact the Environmental Helpline to order (905-723-3818).**

Typically, hepatitis A is an acute, self-limiting liver infection. Clinical presentation varies with age at time of infection. Infection among children < 6 years of age is usually asymptomatic or mild without jaundice. Illness in older children and adults is typically characterized by a 1 – 7 day prodrome of abrupt onset of fever, malaise, loss of appetite, dark urine, nausea, and abdominal pain followed by jaundice.

There is usually complete recovery without complications; however, older persons and individuals with chronic liver disease and immunocompromising conditions have an increased risk of progressing to fulminant hepatic failure.

Transmission is primarily by the fecal-oral route, through direct contact with infected people or indirectly through ingestion of contaminated water or foods, and sexual activities that include direct or indirect oral-anal contact.

The incubation period ranges from 15 – 50 days with an average of 30 days. Individuals are infectious during the latter part of the incubation period, typically about 14 days prior to onset of symptoms and for about 7 days after jaundice appears.

[Laboratory detection](#) of anti-HAV IgM, in the absence of recent hepatitis A vaccination, confirms a case of hepatitis A. Serum should be submitted for anti-HAV IgM (acute infection) and anti-HAV IgG (immune status). Treatment is supportive only.

Exclude individuals such as food handlers, childcare staff and attendees, and healthcare workers from high-risk settings for 14 days after onset of symptoms, or 7 days after onset of jaundice, whichever comes earlier.

Hepatitis A is a disease of public health significance and must be reported to Durham Region Health Department. If hepatitis A is suspected or confirmed, please contact Environmental Helpline at 1-888-777-9613 or 905-723-3818.

Health care provider resources now available to order online durham.ca/HCP.

Durham Region Health Department: 905-723-3818, 1-888-777-9613

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If you prefer to receive this information in an electronic format please submit your request to healthresources@durham.ca

If you require this information in an accessible format, contact 1-888-777-9613