

(1) Home Care Tips for Acute Hepatitis

- Acute hepatitis is commonly caused by viruses. Other possible causes include excessive use of alcohol or certain drugs, etc.
- After seeking medical treatment, and taking medication and rest at home, most patients with acute viral hepatitis can recover gradually in several weeks to 6 months.
- Common symptoms of hepatitis are tea colour urine, fatigue, loss of appetite, jaundice, etc. Persons with the above symptoms should seek medical advice as early as possible.
- Patients should follow the medical advice and observe the following home health instructions:
 - rest at home (please inform the attending doctor if sick leave certificate is required);
 - use separate utensils for eating and wash them separately (or use disposable eating utensils and discard properly right after use);
 - use a household disinfectant to clean the toilet bowl or container after use;
 - patient and family members should wash hands, both before eating and after toileting;
 - Some hepatitis viruses (such as B, C & D) can be transmitted through sexual contact, patients should take appropriate precautionary measures as instructed;
 - reduce fat intake, increase carbohydrate, high-protein food and vegetables in the diet. Take small and more frequent meals to ease abdominal bloating;
 - stop smoking and drinking alcohol;
 - take medication and attend follow-up appointment as scheduled;
 - if the condition worsens (e.g. high fever, severe abdominal pain, persistent vomiting, poor oral intake or confusion), go to the nearby

Accident & Emergency department for medical attention at once.

- During follow-up appointment, the attending doctor would explain the condition and the plan of management, based on the clinical progress and laboratory reports.
- Should family members or relatives worry about being infected, they can attend a general outpatient clinic or consult a registered medical practitioner to ascertain the need for investigations and/or vaccinations.
- Most cases of acute hepatitis can be managed as outpatient.
- Known hepatitis B carriers should inform the healthcare professional every time during medical consultation.

(2) Prevention of Hepatitis

- Avoid eating contaminated or undercooked shellfish;
- Avoid sharing syringes for injections;
- Use condoms during sexual activity and avoid casual sex;
- Consult your family doctor on hepatitis vaccinations.

Prepared by Coordinating Committee in Accident and Emergency
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