

## HEPATITIS

### **Case Definition**

Hepatitis is a viral infection of the liver. There are several types of viral hepatitis infections, namely, A, B, C, D, E, F and G.

The most common symptoms are loss of appetite, fatigue, fever, body aches, nausea and vomiting, and stomach pain. In more serious cases patients may have dark urine, light coloured bowel movement and yellowing of skin or eyes (jaundice).

### **Case Management**

There is no specific treatment for hepatitis. Therapy should be supportive and aimed at maintaining comfort and adequate nutritional balance.

Drug and alcohol induced hepatitis can be managed by avoiding the causative agents.

Patients with HBV/HIV co-infection may have exacerbation of hepatitis due to ARV treatment. Choose anti-retroviral regimens based on anti-HBV activity.

### **Contacts**

All contacts with the infected person should be referred to the health facility for assessment and given appropriate advice on prevention and treatment.

### **Health Education**

Preventive measures include:

- Good personal hygiene
- Avoid infected contacts
- Immunisation
- Use of condoms