

Date: April 23, 2008

Six (6) Confirmed Cases of Hepatitis A in East County Residents

Since April 16, 2008, the Community Epidemiology Branch has received 6 reports of laboratory-confirmed hepatitis A in East County residents who reported eating at Chipotle Restaurant in La Mesa since March 1st. Symptom onsets have occurred April 5 through April 19. Cases range from 24 – 55 years of age; 2 were hospitalized. The Department of Environmental Health temporarily closed the restaurant pending further investigation.

Please report via CMR or phone any suspect case of hepatitis A as soon as possible to the Community Epidemiology Branch, particularly if patients are in sensitive occupations or report eating at Chipotle restaurant after March 1, 2008. To submit a Confidential Morbidity Report, FAX to CEB at 619-515-6641. The CMR form is available online at: <http://www2.sdcounty.ca.gov/hhsa/documents/CMR.pdf>

A confirmed case of hepatitis A must have discrete onset of symptoms, jaundice or elevated liver function tests, and positive anti-HAV IgM serology. Symptoms for adults often include fatigue, abdominal discomfort, dark urine, light-colored stool, headache, nausea, vomiting, diarrhea, itching, or jaundice. Children may have few symptoms or be asymptomatic. The infectious period is considered to be 2 weeks before the onset of symptoms until 1 week after the appearance of jaundice, or 2 weeks after the onset of symptoms if jaundice is not present.

When prophylaxis is indicated, the use of HAV (Hepatitis A Vaccine) is recommended for healthy persons 1 year to 40 years of age; one dose of immune globulin (IM, 0.02 ml/kg) is recommended for those who do not meet age or health criteria. Persons with a history of hepatitis A disease, who have completed an HAV series, or have had at least one dose of Hepatitis A Vaccine at least one month prior to exposure do not require prophylaxis.

For additional information about hepatitis A:

<http://www.cdc.gov/NCIDOD/diseases/hepatitis/a/index.htm>

For additional information about post-exposure prophylaxis with HAV:

<http://www.cdc.gov/mmwrR/preview/mmwrhtml/mm5641a3.htm>

Emergency Medical Alert Network (EMAN)

County of San Diego, Health & Human Services Agency
Community Epidemiology Division