

# Hepatitis E

**Hepatitis E is a virus that can cause damage to your liver. Most people will get better from hepatitis E without any medical treatment.**

Hepatitis E is found all over the world. In the UK it is usually picked up from eating undercooked meat. In some countries it can be picked up from contaminated water. This is called waterborne hepatitis E.

## Who is at risk of serious illness from Hepatitis E?

**Most people will have no symptoms of hepatitis E and will get better by themselves.** Some groups of people have a higher risk of becoming very unwell. Or having the condition for a long time:

- people who are immunosuppressed, especially those who have had a liver, or other organ transplant
- people with another liver condition
- people who are pregnant

The type of hepatitis E found in the UK is not a risk in pregnancy. But in other parts of the world hepatitis E can be very serious for pregnant people and their babies.

## Preventing Hepatitis E

- make sure all meat is well cooked, especially pork, venison and wild boar
- always wash your hands well before eating or preparing food
- make sure shellfish are well cooked always wash fruits and vegetables before you eat them
- if you are travelling to an area with waterborne hepatitis E, only drink bottled water and do not have ice in your drinks

**There is currently no vaccine for hepatitis E.**



Liver UK is the new name  
for the British Liver Trust  
and Children's Liver  
Disease Foundation

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## Diagnosis and treatment of hepatitis E

Hepatitis E is diagnosed with blood tests.

**Most people with hepatitis E will get better by themselves.**

It is very rare for someone with a normal immune system to develop severe liver damage from hepatitis E. If this does happen you might need to be treated with an antiviral medicine.

If you do not get better in 3 to 6 months then your condition will be called chronic hepatitis E. This is very rare and almost always affects people who are immunosuppressed.

It is important to get treatment for chronic hepatitis E to prevent long-term liver damage.

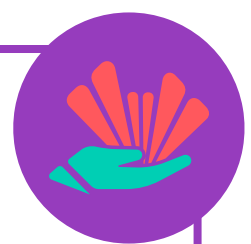
The first step in treatment is usually to reduce your immunosuppressant medicines. You might also have an antiviral medicine.

Treatment is very individual. Doctors should discuss your treatment options with you.

### How we can help

The Liver UK support team are here for you and for your family and friends. Find out more more at **[liveruk.org/support](https://liveruk.org/support)**

Call our nurse-led helpline to talk to one of our team: **0800 652 7330**



For more information about hepatitis E and links to support visit **[liveruk.org/hepatitis-e](https://liveruk.org/hepatitis-e)** or scan the QR code.

