

# HEALTH ALERT TO COSTCO CUSTOMERS

## Hepatitis A Outbreak

The Centers for Disease Control and Prevention (CDC), the U.S. Food and Drug Administration, and several states are investigating an outbreak of Hepatitis A infections in several states linked to eating “Townsend Farms Organic Antioxidant Blend” frozen berry and pomegranate mix. This frozen berry product was sold in Costco stores. Hepatitis A is a viral infection that causes inflammation of the liver and can be easily spread to others. Find out below what you need to do if you purchased this frozen berry product.

### **What if I have the Townsend Farms Organic Antioxidant Blend product at home?**

Do not eat this product if you have it at home. Discard it in the garbage or return it to Costco for a refund.

### **What if I ate this specific brand of frozen berry mix in the past 14 days?**

- The hepatitis A vaccine can lower your risk of getting sick when given within 14 days of eating contaminated food.
- If you completed the hepatitis A vaccine series in the past, you do not need to be vaccinated again.
  - If you are not sure if you have been vaccinated, check with your health care provider.
- CDC recommends a different medication called “immune globulin” (IG) for certain people:
  - Children under 1 year of age
  - Adults over 40 years of age (who have not been vaccinated in the past)
  - People with chronic liver disease or immune system disorders

*Check with your healthcare provider if you have any of these conditions or any questions.*

### **What if I ate this specific brand of frozen berry mix more than 14 days ago?**

- If you ate the product that was contaminated, it is possible that you may get hepatitis A.
- Most people will get symptoms of hepatitis A about 28 days after exposure to the virus.
  - Some people become ill as soon as 15 days after exposure or as long as 50 days after exposure.
- See your doctor right away if you get symptoms of hepatitis A. Symptoms of hepatitis A include:
  - Nausea and loss of appetite
  - Stomach cramps
  - Diarrhea
  - Yellow eyes
  - Grey colored stool
  - Dark urine

To prevent spreading hepatitis A virus to others, always wash your hands with soap and water after using the toilet or changing a diaper. Don’t make food for others if you have diarrhea, vomiting, or stomach cramps or if you know you have hepatitis A.

### **How do I get the hepatitis A vaccine?**

- Please check with the Costco pharmacy, your local or state health department, or your health care provider to find out more about getting the hepatitis A vaccine or IG.

### **Where can I go for more information?**

For up-to-date information about the outbreak, please visit the CDC website at <http://www.cdc.gov/hepatitis/Outbreaks/2013/A1b-03-31/index.html>