

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>