

## Hepatitis A Cases Surge in Ahmedabad

### Outbreak Status

- 224 confirmed Hepatitis A cases reported at Civil Hospital, Ahmedabad up to 21 August 2025.
  - Daily average rose from 8 cases/day in July (237 cases) to 11 cases/day in August.
  - Most patients are young adults, with some requiring ICU care for severe dehydration and liver stress.
  - Example case: A 27-year-old woman from Vejalpur admitted to ICU for two days with high fever and dehydration; later stabilized.
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### Disease Profile – Hepatitis A

- Cause: Hepatitis A virus (HAV), spread via contaminated food and water (fecal-oral route).
- Incubation period: 15–50 days.
- Symptoms observed in Ahmedabad cases:
  - High fever
  - Weakness and loss of appetite
  - Jaundice (yellowing of eyes/skin in some)
  - Abdominal pain, nausea, vomiting
  - Severe dehydration in a few cases

Most cases are self-limiting, but complications (like acute liver failure) can occur in vulnerable patients.

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## Healthcare & Government Response

- Civil Hospital has strengthened its ICU & observation wards for Hepatitis A patients.
  - Doctors emphasize not ignoring persistent fever during monsoon season.
  - Preventive guidelines:
    - Drink only boiled or filtered water
    - Avoid ice from unsafe sources
    - Eat freshly cooked food; avoid street foods during monsoon
  - Community advisory campaigns started across the city.
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## Historical Context

- Ahmedabad has seen seasonal spikes of Hepatitis A in monsoon months (July–September) due to flooding and poor sanitation.
  - Post-COVID, studies show a 5–7× increase in acute liver failure linked to Hepatitis A among 10–25 year-olds.
  - Nationally, similar monsoon spikes in Delhi, UP, and Maharashtra highlight the widespread risk of waterborne hepatitis.
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## Expert Warnings

- Hepatologists warn: Even though Hepatitis A is usually mild, repeated outbreaks strain hospital resources.
- Recommend vaccination in high-risk groups (children, young adults, immunocompromised).

- **Untreated fevers should not be dismissed as “seasonal flu” — liver monitoring is crucial.**

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## **Key Takeaways**

- **Ahmedabad facing a monsoon-driven Hepatitis A surge (224 cases).**
- **Water contamination is the biggest culprit — safe drinking water remains the strongest defense.**
- **Healthcare system managing cases, with ICU support needed for severe infections.**
- **Long-term solution: Vaccination, sanitation improvement, and public awareness.**