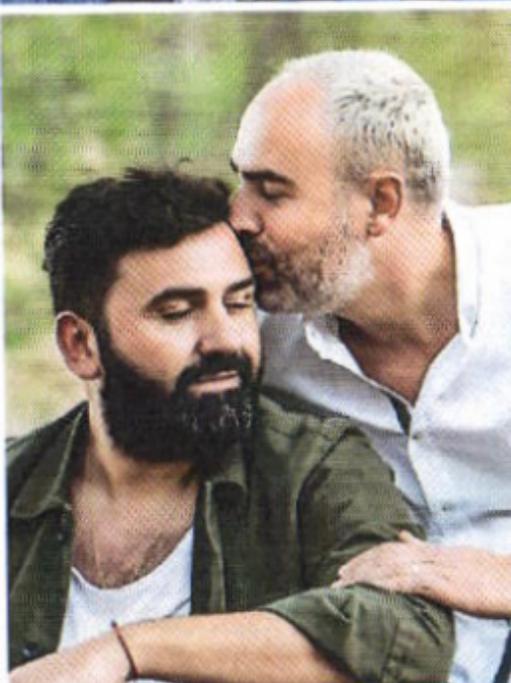
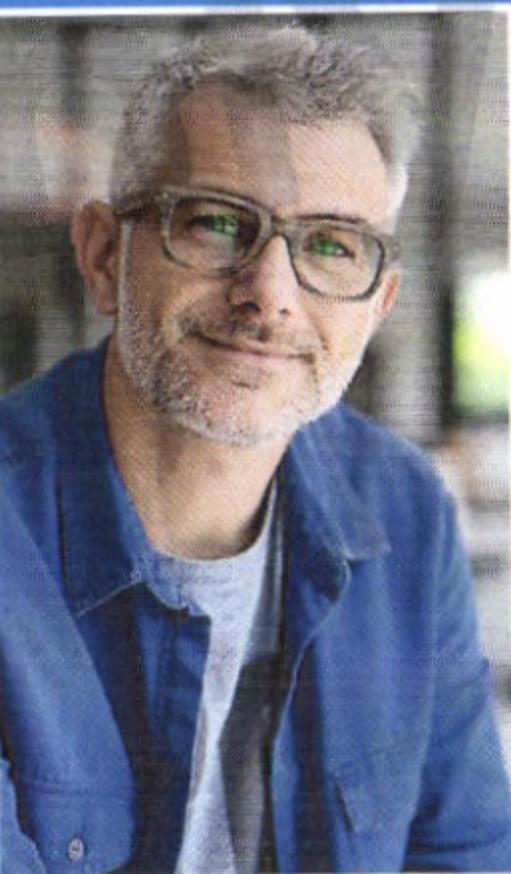


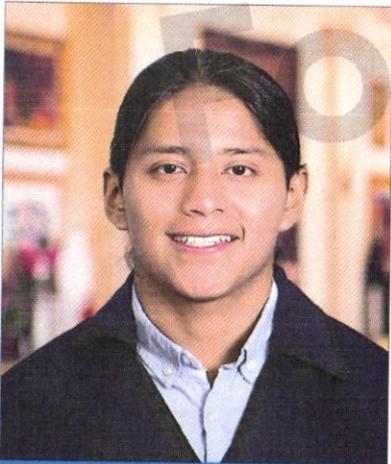
ABCs Hepatitis ABCs



What are the symptoms?

People with hepatitis often have no signs of illness.

- Some people get flu-like symptoms.
- **Other symptoms include:**
 - feeling very tired
 - joint pain
 - yellow skin or eyes (jaundice)
 - dark urine or light-colored stools
 - stomach pain
- Adults tend to have more symptoms than young children have.



I got tested after I found out you can have hepatitis C and not know it.

Could I have it?

Get tested.

- Blood tests can show if you have hepatitis or have had it in the past.
- Blood tests can also show if the virus is hurting your liver.
- **Talk to your health care provider about testing if:**
 - You have symptoms.
 - You live with or have sex with someone who has hepatitis.
 - You've ever injected drugs.
 - You have more than 1 sex partner.
 - You've ever had a sexually transmitted disease (STD).
 - You received blood, blood products or an organ transplant before 1992.
 - You're pregnant.

Pregnant people who have hepatitis B can greatly reduce the risk that their babies will get it.

Protect yourself.

Get the vaccine.

- **You can get a vaccine** to protect you from hepatitis A and B. You need a number of shots over 6 to 18 months.
- **Hepatitis A and some hepatitis B** may be prevented if you get shots within 2 weeks of being exposed.
- Everyone ages birth to 18 should be vaccinated.
- Ask your provider about getting vaccinated if you receive dialysis, have a chronic liver or blood disease, or have HIV.

Wash your hands often.

- **Wash hands after** using the toilet or changing diapers.
- **Wash hands before** preparing and eating food.

Be careful about blood.

- **Use gloves** if touching blood or body fluids.
- **Don't share needles or works** for injecting drugs, tattooing, piercing or any other reason.
- **Don't share personal care items** that might have blood on them (toothbrush, razor, nail file, washcloth).

What about sex?

- **Not having sex** protects you against hepatitis B.
- **Having sex with only one uninfected partner**, who only has sex with you is also safe.
- **Don't have sex** that puts you in contact with blood, semen or vaginal fluids.
- **Use a new latex condom** every time you have sex.

Get tested right away if you think you've been exposed to hepatitis A or B.



My baby got vaccines for hepatitis A and B.

How do you get hepatitis?

Hepatitis is a disease that damages the liver.
It's caused by a virus. Hepatitis A, B and C are the most common.

Hepatitis A

- **Hepatitis A is passed in human feces.**
- In almost all cases, the virus enters the body through the mouth.
- If someone who has hepatitis A doesn't wash their hands after using the toilet, traces of feces may remain on the hands.
- The person can spread the virus by touching something that could go into another person's mouth. This might be food or a fork or spoon.

Then someone who eats the food or puts the object in their mouth can get hepatitis A.

Hepatitis B

- **Hepatitis B is passed in blood, semen or vaginal fluids.**
- It can spread during sex or when sharing needles for any reason.
- A person who has hepatitis B can pass it to their baby during birth.
- It's also spread by getting stuck with an infected needle and, rarely, by human bites.

Hepatitis C

- **Hepatitis C is passed in blood.**
- It can spread when people share needles or equipment for any reason.
- A person who has hepatitis C can pass it to their baby during birth.
- The risk of getting hepatitis C from blood transfusions is extremely small, almost zero.
- Hepatitis C can be passed during sex, but this isn't common.

Acute or Chronic?

- Hepatitis is **acute** when a person first gets it.
- If the virus stays in the body more than 6 months, it's probably **chronic**.
- If not treated, chronic hepatitis lasts the rest of a person's life. It can lead to scarring of the liver (cirrhosis) and liver cancer.
- A person who has acute or chronic hepatitis can pass the virus to others.

Hepatitis can be treated.

People who have chronic hepatitis should see their health care provider regularly.

- **Most people with hepatitis C** can be treated and cured in 8–12 weeks.
- **If you have hepatitis B, your provider can help** you decide when and if you need treatment.
- **Medicine** doesn't always cure hepatitis B, but it can slow the virus.
- **People with severe liver damage** may need a liver transplant.

Professional models were used in all photos.
This brochure is not intended as a substitute for your health professional's opinion or care.
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Available in Spanish
Title No. 235 [21-0526]

Hepatitis A

Hepatitis B

Hepatitis C

Is it serious?	<ul style="list-style-type: none">• Sometimes.• There is no chronic form.	<ul style="list-style-type: none">• Yes. It can become chronic.• Infants are more likely to get the chronic form.• Over time, people who have chronic hep B may develop:<ul style="list-style-type: none">• cirrhosis, or scarring of the liver• liver cancer	<ul style="list-style-type: none">• Yes.• Most people get the chronic form.• If not treated, people who have chronic hep C may get:<ul style="list-style-type: none">• cirrhosis, or scarring of the liver• liver cancer
What are the symptoms?	<ul style="list-style-type: none">• Many adults and most children don't have symptoms.• Symptoms might include:<ul style="list-style-type: none">• feeling very tired• fever• yellow skin or eyes (jaundice)• no appetite• dark urine, light-colored stools• nausea, stomach pain, diarrhea	<ul style="list-style-type: none">• Most children and many adults don't have symptoms.• Symptoms might include:<ul style="list-style-type: none">• feeling very tired• fever• joint pain• yellow skin or eyes (jaundice)• no appetite• dark urine, light-colored stools• nausea, stomach pain, vomiting	<ul style="list-style-type: none">• Most people don't have symptoms.• Symptoms might include:<ul style="list-style-type: none">• feeling very tired• fever• joint pain• yellow skin or eyes (jaundice)• no appetite• dark urine, light-colored stools• nausea, stomach pain, vomiting
How do you get it?	<ul style="list-style-type: none">• Exposure to feces of someone who has hep A.• Infected food and water.	<ul style="list-style-type: none">• Exposure to blood, semen or vaginal fluids of someone who has hep B.• Can be passed from parent to baby during birth.	<ul style="list-style-type: none">• Exposure to blood of someone who has hep C.• Can be passed from parent to baby during birth, but this isn't common.• Can be passed during sex, but this isn't common.
Who's at risk?	<ul style="list-style-type: none">• Someone who lives in a household with someone who has hep A.• Someone who lives in or travels to areas where hep A is common.• Someone who shares street drugs, food, cigarettes or other items that pass from hand to mouth with someone who has hep A.• Someone who has sex with someone who has hep A.• Someone who provides personal care at home or on the job to someone who has hep A.	<ul style="list-style-type: none">• Someone who shares works or needles for injecting drugs, tattooing or piercing.• Someone who has sex with someone who has hep B.• Someone exposed to blood or body fluids on the job.• Someone who lives in a household with someone who has hep B.• Babies born to parents who have hep B.	<ul style="list-style-type: none">• Someone who has ever shared works or needles for injecting drugs, tattooing or piercing.• Someone who received blood, blood products or an organ transplant before 1992.• Someone exposed to blood on the job.• Babies born to parents who have hep C.
Is there a vaccine?	<ul style="list-style-type: none">• Yes.• All children ages 1 and older should be vaccinated.	<ul style="list-style-type: none">• Yes.• Should be started at birth, but can be started at any age.• Everyone ages birth to 18 should be vaccinated.• Babies born to parents who have hep B should get the vaccine within 12 hours.	<ul style="list-style-type: none">• No.
Is there treatment?	<ul style="list-style-type: none">• No.• Usually goes away by itself in 2–6 months.	<ul style="list-style-type: none">• Yes.• Treatment isn't always successful, but medicine can slow hep B and help protect the liver.	<ul style="list-style-type: none">• Yes.• Most people are cured in 8–12 weeks.
What should you do if you have it?	<ul style="list-style-type: none">• Rest.• Don't drink alcohol.• Only take medicines approved by a doctor.• Eat healthy food.• Don't donate blood, organs or tissue.	<ul style="list-style-type: none">• Rest.• Don't drink alcohol.• Only take medicines approved by a doctor.• Eat healthy food.• Get regular checkups.• Get vaccinated against hep A.• Don't donate blood, organs or tissue.	<ul style="list-style-type: none">• Rest.• Don't drink alcohol.• Only take medicines approved by a doctor.• Eat healthy food.• Get regular checkups.• Get vaccinated against hep A and B.• Don't donate blood, organs or tissue.

Clinic Brochure Review Form

Name of Brochure: _____

Date of Publication: _____

Brochure Audience: *Check all that apply*

- Teens
- Females Only
- LGBTQ Youth
- Males Only
- Young Adults
- General Public
- Pregnant Women
- Other: _____

Brochure Topic: *Check all that apply*

- Birth Control Methods
- Sexually Transmitted Infections
- Sexuality
- Pregnancy Planning
- Pregnancy
- After Pregnancy Care
- Alcohol/Drug Use
- Mental Health
- General Health
- Other: _____

Brochure Feedback: *Check only one response for each statement*

- The brochure has factual information that is not dated. Yes No
- The brochure could be easily understood by the audience. Yes No
- The brochure considers the values and beliefs of the audience. Yes No
- The brochure is free of biases (e.g., racial, sexual, cultural, religious, political). Yes No
- The audience would find this brochure appealing. Yes No
- The audience would read this brochure for health information. Yes No

If you selected 'No' for any statement, please explain why:

Do you have any other comments to share?

Brochure Recommendation: *Check only one response*

Do you recommend the clinic use this brochure? Yes No

Reviewed by: _____

Phone: _____

Signature: _____

Date: _____

PLEASE RETURN THIS FORM BY: [DATE]