



Hepatitis B Infection - What you need to know



What is Hepatitis B?

- * Hepatitis b is a viral infection of the liver
- * Untreated it can cause serious liver disease and liver cancer
- * Hepatitis B is one of the worlds most common infections. It is more common in Africa than other parts of the world.

How is Hepatitis B spread?

- * **In Africa, Hepatitis B is most often transmitted during childbirth or in early childhood**
- * Most people are **NOT AWARE** they have hepatitis B.
- * There are usually **no symptoms** for a long time after infection



Hepatitis B is spread by:

Blood

Direct blood to blood contact with an infected person

Mother to child during birth

Household contact
Sharing hygiene equipment
(razors, toothbrushes, earrings etc.)

Healthcare exposures

Tattoos, piercings, barbers, scarification, circumcision practices

Sharing needles

Unprotected Sex

Direct contact with sexual fluids of an infected person

Unprotected Sex

There is a risk during any type of sexual contact

Hepatitis B is NOT spread by:

Food

Or sharing meals with someone who is infected

Sneezing or coughing on someone

Holding hands

Water

Drinking from a cup of someone who is infected or sharing a toilet

Hugging

Kissing

Can Hepatitis B be cured?

- There is **no cure** for hepatitis B infection
- Herbal medicines do not work






HOWEVER....

- Medicine for hepatitis B can keep you healthy for a long time.
- Mothers can take treatment to avoid passing hepatitis B to their babies.
- Babies can be vaccinated against hepatitis B



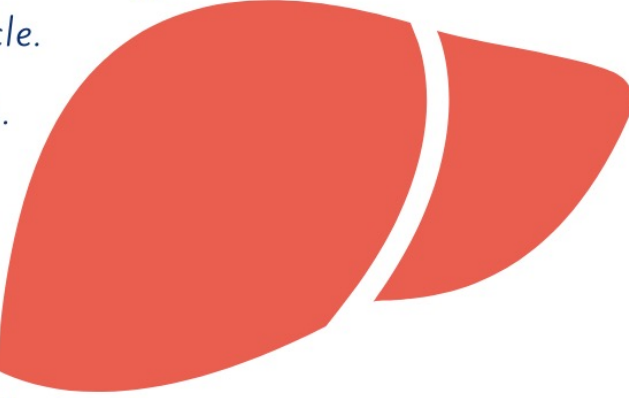
It is important to keep your liver healthy!

People cannot live without their liver!



How to protect your liver...

Your liver does many important jobs:



- Digests food. 🍌
- Regulates energy.
- Builds muscle. 💪
- Breaks down toxins.
- Fights infections. 🦠
- Processes medications.
- Stores vitamins. 🦠
- Helps the blood to clot.

You can keep healthy by:

1. Getting tested for Hepatitis B.
2. Taking medication regularly if needed
3. Seeing a healthcare professional for checkups if needed
4. Leading a healthy lifestyle:
 - Eat a nutritious diet
 - Stay physically active
 - Avoid alcohol and cigarettes

You can live a long and normal life with Hepatitis B infection if you get treated when needed.

Encourage your family to get a simple blood test

Together we can eliminate Hepatitis B!!

