

# Protect Your Liver Health

LEARN THE FACTS ABOUT HEPATITIS B AND TAKE CONTROL OF YOUR HEALTH

## ANYONE CAN GET HEPATITIS B!

HEPATITIS B IS NOT YOUR FAULT OR PUNISHMENT FOR DOING SOMETHING BAD.

300 MILLION PEOPLE ARE LIVING WITH IT AROUND THE WORLD RIGHT NOW.

## YOU CAN LIVE A LONG AND HEALTHY LIFE WITH HEPATITIS B!

- VISIT YOUR DOCTOR 1-2 TIMES A YEAR
- TAKE TREATMENT IF NEEDED
- GET PLENTY OF EXERCISE AND STAY AWAY FROM ALCOHOL AND TOBACCO TO PROTECT YOURSELF FROM LIVER CANCER

## HEPATITIS B OFTEN DOES NOT SHOW SYMPTOMS

IT'S IMPORTANT TO TEST FOR HEPATITIS B BEFORE SYMPTOMS SHOW UP WHILE THERE IS STILL TIME TO PROTECT YOUR LIVER.



## REDUCE YOUR RISK FOR HEPATITIS B

- GET VACCINATED
- NEVER SHARE HYGIENE ITEMS, NEEDLES OR USED HEALTHCARE DEVICES
- ALWAYS WEAR PROTECTION DURING SEX
- NEVER TOUCH SOMEONE ELSE'S BLOOD WITHOUT GLOVES

## GET TESTED

TESTING IS THE ONLY WAY TO KNOW WHETHER OR NOT YOU HAVE HEPATITIS B

## VACCINATION

THE HEPATITIS B VACCINE CAN HELP PROTECT YOU FROM HEPATITIS B. IT'S SAFE AND IT WORKS WELL. ASK YOUR DOCTOR ABOUT GETTING VACCINATED AGAINST HEPATITIS B!



YOUR LIVER SAYS THANK YOU!

# Hepatitis B Doesn't Discriminate



Your liver needs your protection

Anyone can get hepatitis B!

- Anyone can get hepatitis B
- Getting hepatitis B is not your fault, and is not a punishment for doing something bad.

**300 million people are living with hepatitis B around the world**

Take control of your health today! Get tested and vaccinated to protect yourself from hepatitis B.

- Hepatitis B often does not show symptoms.
- Getting tested is the only way that you can find out if you have hepatitis B

- If it is not managed, hepatitis B can damage your liver, eventually leading to liver disease and cancer

**Reduce your risk for hepatitis B**

- Don't share household hygiene items, needles, or used healthcare device
- Wear protection during sex
- Never touch someone else's blood without gloves
- Get vaccinated to protect against hepatitis B
- It's safe and works very well
- Ask your doctor about vaccines available to you