

# MYTHS ABOUT HEPATITIS B TRANSMISSION

Did you know?

Anyone can get hepatitis B. It is one of the most common infections worldwide and it affects your liver. There are 300 million people living with hepatitis B.

## Hepatitis B can be transmitted through:



CHILDBIRTH



BLOOD CONTACT



UNPROTECTED SEX



SHARING  
HYGIENE ITEMS



UNSTERILE NEEDLES &  
HEALTHCARE EQUIPMENT



UNSTERILE TATTOO &  
PIERCING EQUIPMENT



UNSTERILE GROOMING  
EQUIPMENT

## Hepatitis B cannot be transmitted through:



SHARING A MEAL



SHARING WATER (CUP OR TOILET)



COUGHING OR SNEEZING



BREASTFEEDING



HOLDING HANDS



HUGGING OR KISSING

Hepatitis B does not affect only certain people and is not a punishment for bad behavior. Learning your hepatitis B status is important. Know the facts, get tested, and get vaccinated to protect yourself and your loved ones from hepatitis B!

# Debunking Myths about Hepatitis B

There is some false information out there about hepatitis B.

Read on to learn the facts!

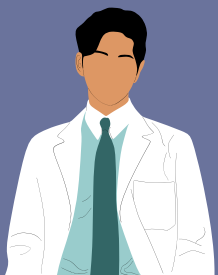
Most people who have hepatitis B show NO symptoms. Sometimes symptoms take decades to appear! It's important to get tested, with or without symptoms.



Anyone can get hepatitis B. Most people get the infection as babies or children. It is one of the most common infections worldwide and it affects your liver. 300 million people are currently living with hepatitis B.



There is no cure for hepatitis B right now. Any herbal remedies that promise a cure are false. You can protect yourself from the virus by getting vaccinated, practicing safe sex, and never sharing products that come into contact with blood.



You can live a long and healthy life with hepatitis B! Visiting your doctor 1-2 times per year, taking treatment if recommended, and living a healthy lifestyle with plenty of exercise and free of alcohol and tobacco can reduce your risk of liver cancer. There are also resources to help cover costs of treatment if you don't have health insurance.

Hepatitis B cannot be shared casually through food, water, breastfeeding, coughing, sneezing, hugging, kissing, or holding hands. People with hepatitis B can still get married, have children, and have jobs.



Hepatitis B can be shared through childbirth, blood contact, bodily fluids, sharing household items (razors, toothbrushes, etc.) and unsterile needles in healthcare settings, as well as barbers and tattoo and piercing parlors.

**Hepatitis B does not only affect certain people and it is not a punishment for bad behavior. Know the facts, get tested and get vaccinated to protect yourself and your loved ones from hepatitis B!**