

# MYTHS ABOUT HEPATITIS B TRANSMISSION

**Did you know?**

**Anyone can get hepatitis B. It is one of the most common infections worldwide. There are almost 300 million people living with hepatitis B.**

## HEPATITIS B CAN BE TRANSMITTED THROUGH:



Childbirth



Blood contact



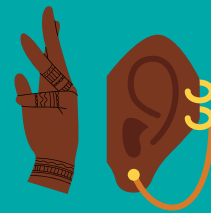
Unprotected sex



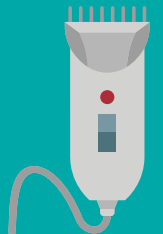
Sharing hygiene items



Unsterile needles & healthcare equipment



Unsterile tattoo & piercing equipment



Unsterile grooming equipment

## HEPATITIS B CANNOT BE TRANSMITTED THROUGH:



Sharing a meal



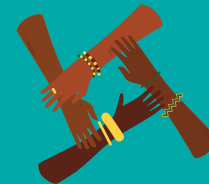
Sharing water (cup or toilet)



Coughing or sneezing



Breastfeeding



Holding hands



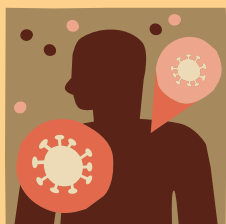
Hugging or kissing

**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

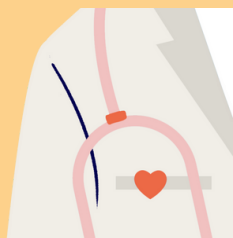
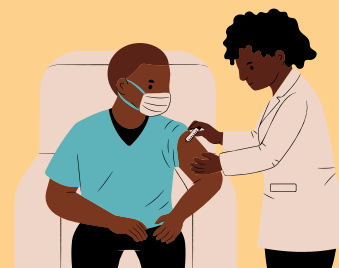
**THERE IS SOME FALSE INFORMATION OUT THERE ABOUT HEPATITIS B.  
READ ON TO LEARN THE FACTS!**

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.



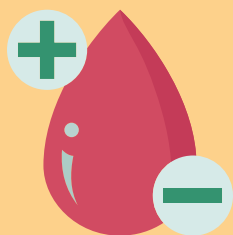
ANYONE CAN GET HEPATITIS B. MOST PEOPLE GET THE INFECTION AS BABIES OR CHILDREN. IT IS ONE OF THE MOST COMMON INFECTIONS WORLDWIDE. 300 MILLION PEOPLE ARE CURRENTLY LIVING WITH HEPATITIS B.

THERE IS NO CURE FOR HEPATITIS B. HERBAL SOME HERBAL REMEDIES CAN WORK IN TANDEM WITH PRESCRIBED MEDICATION, BUT MAKE SURE TO ASK YOUR DOCTOR FIRST. YOU CAN PROTECT YOURSELF FROM THE VIRUS BY GETTING VACCINATED, PRACTICING SAFE SEX, AND NEVER SHARING PRODUCTS THAT COME INTO CONTACT WITH BLOOD. THERE ARE RESOURCES TO HELP COVER COSTS OF TREATMENT IF YOU DO HAVE THE VIRUS AND DON'T HAVE HEALTH INSURANCE.



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.

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!**