



District Health Department #10
Family Planning

Hepatitis B

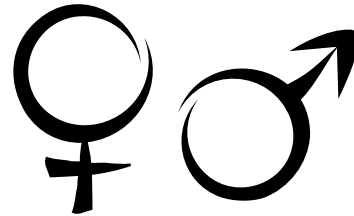
What is Hepatitis B?

Hepatitis is an inflammation of the liver caused by a virus. Some types of hepatitis can cause very serious diseases and in some cases may lead to death. The three most commonly heard types of hepatitis are hepatitis A, hepatitis B and hepatitis C. Hepatitis B is most likely to be sexually transmitted. It is spread through vaginal fluids, semen, saliva, blood and urine. Both men and women can be infected with Hepatitis.

What are the symptoms of Hepatitis B?

About 50% adults who have Hepatitis B do not show any symptoms. When symptoms do occur, they appear between six weeks and six month after infection. These symptoms can include:

- extreme fatigue
- tenderness and pain in the lower abdomen
- loss of appetite
- nausea & vomiting
- pain in the joints
- headache
- fever
- hives



If the disease is not treated in its early stages more severe symptoms may occur. These can include:

- more severe abdominal pain
- dark colored urine
- pale bowel movements
- jaundice, yellowing of the skin and eyes

Is Hepatitis B treatable?

There is no medicine that can cure Hepatitis B but in most cases adults that get Hepatitis B will recover completely. Hepatitis B goes away on its own within 4-8 weeks. However, 5-10% of people who get Hepatitis B as an adult will be carriers of the disease for the rest of their life. This means that they are still able to transmit the disease to others. Also, mothers who are carriers can pass Hepatitis B to their babies at birth. Babies infected with Hepatitis B at birth will be lifetime carriers unless given immediate treatment.

How can I prevent Hepatitis B?

- Get the Hepatitis B vaccine
- Abstain from sex
- Use a condom every time you have sex
- Don't shoot drugs with a needle and don't share needles
- Don't share items such as razors and toothbrushes



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For more information please visit the Center for Disease Control and Prevention website, <http://www.cdc.gov/ncidod/diseases/hepatitis/>