Hepatitis B is called a “silent infection” as most people lack symptoms when first infected.

- Testing is the only way to know for sure if you’re infected or recovered from a past infection.
- Anyone who lives with or is close to someone with hepatitis B including family and household members, caregivers, and sexual partners

It is NOT spread casually by the following routes:

- Sneezing, coughing
- Hugging, breastfeeding
- Sharing food, utensils
- Toilet seats, doorknobs

How is Hepatitis B spread?

It is spread when infected body fluid enters the body of an uninfected person by the following routes:

- Unprotected sex
- Direct contact with infected blood or open sores of an infected person
- Sharing personal items, such as toothbrushes, razors, syringes, or glucose monitors
- An infected mother passing it to her baby at birth

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How else can I stay protected?

- Wash your hands thoroughly after any exposure to blood
- Use condoms with sexual partners
- Avoid direct contact with blood and bodily fluids
- Clean up blood spills with a diluted bleach solution
- Cover all cuts carefully
- Avoid sharing sharp items such as razors, nail clippers, toothbrushes, earrings
- Discard sanitary napkins and tampons into plastic bags
- Use new/sterile needles for piercings, tattoos, acupuncture

Who should be tested?

Hepatitis B is a major global public health threat and is PREVENTABLE

- 1 in 20 Americans has been infected with the hepatitis B virus (12 million)
- Up to 40,000 Americans will become newly infected each year
- More than 2 million Americans are chronically infected
- More than 50% of Americans living with chronic hepatitis B are of Asian descent

Vaccination is the BEST prevention!

- It is a SAFE and EFFECTIVE vaccine
- Just a few shots can PROTECT yourself and loved ones for a LIFETIME
- You can NOT get hepatitis B from the vaccine

Recommended for the following persons:

- All infants at birth and children up to 18 years
- Adults living with diabetes
- Adults at high risk for infection due to their job, lifestyle, living situation, or country of birth
- Since EVERYONE is at some risk, all should consider protection

Possible exposure to infected blood?

- If an uninfected, unvaccinated person, or anyone who doesn’t know their hepatitis B status is exposed, seek medical care immediately.
- A timely “post-exposure prophylaxis” can prevent an infection and progression to chronic liver disease.
- Note that the virus can survive outside the body for 7 days