



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

It is **NOT** spread casually by the following routes:

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

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

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 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

Dosage Schedule of Hepatitis B Vaccines for Adults

Engerix-B	3-Doses given at 0, 1, and 6 months
Recombivax HB	3-Doses given at 0, 1, and 6 months
Hepelisav-B	2-Doses given at 0 and 1 month
Twinrix	Combined Hepatitis A and B 3-Doses given at 0, 1, and 6 months

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