

HEPATITIS



ABC's

For information about:

- hepatitis C testing
- hepatitis A & B vaccinations
- sexually transmitted disease screening
- needle exchange sites
- health care referral

call **503-988-3816**

HEPATITIS A

How is it spread?

- By an infected person's feces (poop):
- Having unprotected oral-anal sex
 - Eating food prepared by a person who is infected and did not clean their hands after using the bathroom
 - Eating contaminated shellfish
 - Drinking contaminated water

How long does the infection last?

- Hepatitis A usually lasts no more than six months.

How might I feel if I get it?

- Some people have no symptoms at all.
- Some people experience loss of appetite, nausea, diarrhea, fatigue, abdominal pain, and the eyes and skin may turn yellow.

How can I prevent it?

- **Get vaccinated.**
- Use condoms or other barrier methods during sex.
- Use new or clean drug equipment every time.
- Wash your hands after using the bathroom with warm, soapy water.

HEPATITIS B

By an infected person's blood or sexual fluids:

- Sharing injection drug equipment
- Having unprotected anal, vaginal, or oral sex
- Infected mom to baby during birth

- Hepatitis B usually lasts no longer than six months. In 5-10% cases hepatitis B may turn into a chronic condition (lasting longer than six months).

- Some people have no symptoms at all.
- Some people experience loss of appetite, nausea, diarrhea, fatigue, abdominal pain, and the eyes and skin may turn yellow.

- **Get vaccinated.**
- Use new or clean drug equipment every time. Find out about local needle exchange sites.
- Use a condom or other barrier during oral, vaginal, and anal sex.

HEPATITIS C

By an infected person's blood:

- Sharing injection drug equipment including cookers, cottons, tourniquets, water, and other drug equipment that might draw blood (such as straws and other snorting objects)
- Blood transfusion before 1992, or clotting factors before 1987
- Low risk of transmission from mom to baby
- Low risk of infection through sex, unless blood is present

- Hepatitis C is a chronic infection (lasting longer than six months) in about 85% of those infected.

- Some people experience loss of appetite, nausea, diarrhea, fatigue, abdominal pain, and the eyes and skin may turn yellow.
- Symptoms are usually absent or very mild, and may not be apparent until someone has been infected for 10-30 years following initial infection.

- There is no vaccine for hepatitis C!
- Use new or clean drug equipment every time. Find out about local needle exchange sites.
- Avoid sharing household items that might draw blood such as razors, toothbrushes, tattooing, or piercing equipment.

VHIP
says . . .

If you are living with hepatitis C, here are some important things you can do to help protect your health:

- See a doctor to evaluate your health
- Get vaccinated for hepatitis A and B
- Reduce or stop drinking alcohol. If you do nothing else, this one step can drastically reduce disease progression.

