

To avoid spreading HEPATITIS B

When you have sex

Always use a condom.

When you give birth

Tell your doctor that you have hepatitis B; your baby will be vaccinated and treated at birth.

At home

Never share your razor, toothbrush or any other personal items.

Sharp objects (disposable razors, blades, needles, syringes, etc.)





Never share sharp objects.
Throw them out in puncture-resistant containers to protect others from injury.

Wounds and blood

Cover wounds to prevent other people from coming into contact with your blood.
Clean your clothes and any objects soiled with your blood.

Actions that aren't DANGEROUS

Hepatitis B virus doesn't spread through

-  kissing
-  shaking hands
-  sharing food, dishes or utensils
-  using the same toilet seat as others

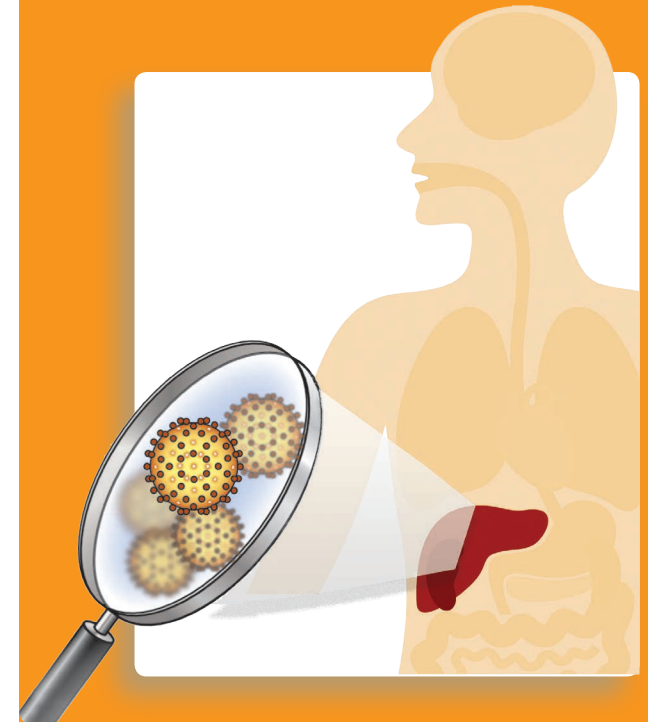
For more information about hepatitis B:

- Contact your family doctor
- Call Info-Santé at 811
- Visit Quebec.ca
(Enter "hepatitis B" in the search engine)

Centre intégré
universitaire de santé
et de services sociaux
du Centre-Sud-de-
l'Île-de-Montréal

Québec 

Living with HEPATITIS B

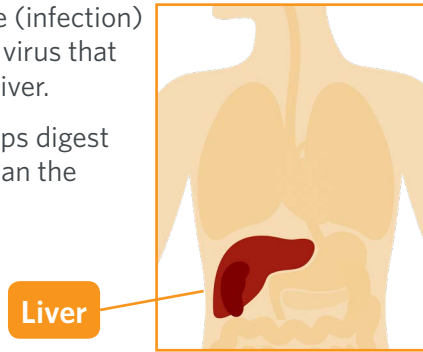


Information for people
who have the infection,
and their family
and friends

Québec 

What is HEPATITIS B?

- It's a disease (infection) caused by a virus that attacks the liver.
- The liver helps digest food and clean the blood.



What are the symptoms of HEPATITIS B?

- Fatigue
- Muscle pain
- Stomach ache
- Nausea
- Vomiting
- Loss of appetite
- Jaundice: yellowing of the skin and whites of the eyes, dark urine, pale stools

Only 1 in 2 people has symptoms.

WHETHER they have symptoms OR NOT, PEOPLE WHO HAVE THE INFECTION ARE CONTAGIOUS.

Symptoms appear 6 weeks to 6 months after getting infected with the virus.

Can HEPATITIS B be cured?

For every **100 adults** with **hepatitis B**,

- **95** get rid of the virus without treatment in less than 6 months. They are then protected against hepatitis B.
- **5** remain infected for life (chronic carriers) and can spread the virus to other people. **1 in 5 chronic carriers may develop a liver disease after several years (e.g. cirrhosis, liver cancer).**

For every **100 children** under 1 **who have** hepatitis B,

- **10** get rid of the virus without treatment in less than 6 months. They are then protected against hepatitis B.
- **90** remain infected for life (chronic carriers) and can spread the virus to other people. **1 in 5 chronic carriers may develop a liver disease when they are adults (e.g. cirrhosis, liver cancer).**

How to protect FAMILY and FRIENDS

If you have hepatitis B virus, it's IMPORTANT to tell the following people to get vaccinated:

- Your sex partners
- Your drug injection partners
- The people you live with.

For these people, hepatitis B vaccine is FREE.

IT IS SAFE AND 95% EFFECTIVE.

The vaccine is given in 2 or 3 doses, depending on a person's age.

Is there a TREATMENT for HEPATITIS B?

There are medications, but they don't cure the disease. Your doctor can tell you if the medications could be good for you. To find out, you'll need to have medical tests and check-ups.