

What is Hepatitis?

Hepatitis means “inflammation of the liver” and often refers to infection with three common but very different viruses: Hepatitis A, Hepatitis B, and Hepatitis C. Non-viral hepatitis may also be caused by alcohol and other chemicals.

How can I protect my liver?

Maintain the basics of good health, including reducing alcohol intake, getting vaccinated against Hepatitis A & B, drinking lots of water and eating healthy foods (such as vegetables, fruits and grains, while avoiding high calorie, high fat junk food).

Additional Resources

If you would like to find out more information about viral hepatitis and how to protect yourself, you can find information from the following organizations.

National Center for Infectious Diseases

www.cdc.gov/ncidod/diseases/hepatitis

HCV Advocate

www.hcvadvocate.org

American Liver Foundation

www.liverfoundation.org

1.800.GO.LIVER (465.4837)

1.888.4HEP.USA (443.7872)

For more information:

Project SAFE

Link Center MUB 301
Information, Referrals & Safer Sex Supplies
415.452.5070
www.ccsf.edu/hiv

Center For Disease Control & Prevention (CDC)

CDC HIV & STI Info:
1.800.232.4636 or 1.800.CDC.INFO
www.cdc.gov

Needle Exchange: HIV Prevention Project

415.241.1500
www.sfaf.org

Project Inform Hotline

Help4Hep Support Line:
1.877.435.7443

Liver Foundation

1.800.GO.LIVER (HELP LINE)
www.liverfoundation.org

HCV Advocate

www.hcvadvocate.org

HBV Advocate

www.hbvadvocate.org

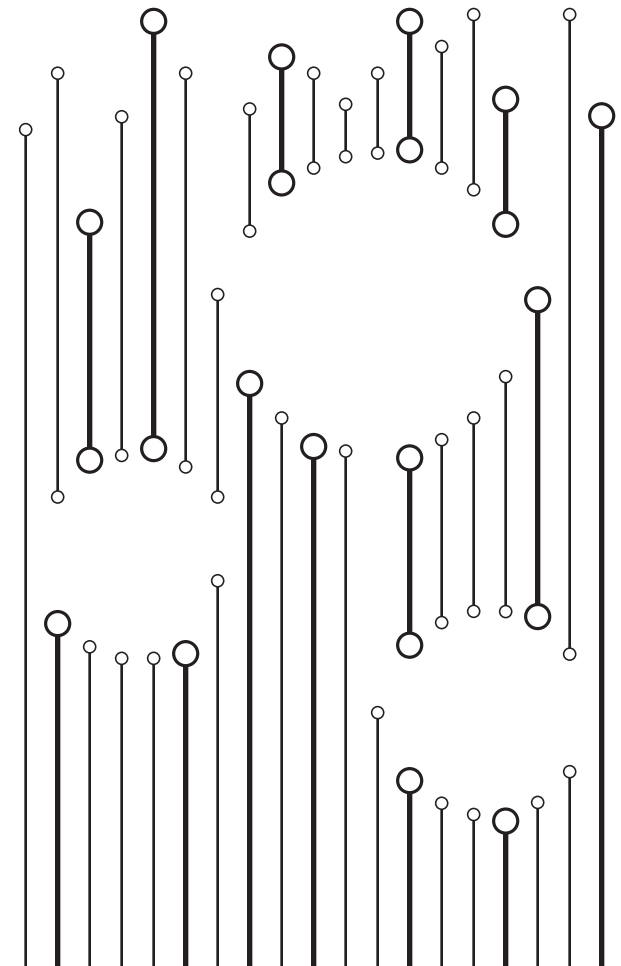


HIV/STI Prevention Studies
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Hepatitis

Get The Real Facts



Hepatitis A

Hepatitis A is transmitted through contact with feces via the oral-anal route—for example, through oral/anal sex or eating food that has been contaminated by feces containing the Hepatitis A virus (HAV)—as well as hand-to-mouth after contact with feces, like when changing diapers.

What are the symptoms?

- Dark urine
- Nausea
- Light stools
- Abdominal pain
- Vomiting
- Jaundice (yellowing of the skin and eyes)
- Fatigue
- Fever

Who's at risk?

Persons engaging in anal/oral sex, anyone eating food contaminated with HAV, childcare, eldercare, and hospital workers, travelers to developing countries with poor sanitation & contaminated water.

How can I avoid getting Hepatitis A?

- Washing hands with soap and water after going to the bathroom or coming into contact with feces.
- Wash appliances, toilet seats, etc with $\frac{3}{4}$ cup of bleach to one gallon of water allowing it to stand for 5 minutes.
- Have safer sex.

Key points

- Hepatitis A can be prevented with a vaccine.
- Hepatitis A will not lead to chronic hepatitis and will self-resolve.
- Once you are vaccinated or have the infection you will never get it again.
- There is no cure, only treatment for symptoms.

Hepatitis B

Hepatitis B is transmitted through contact with body fluids such as blood, semen or vaginal secretions. The Hepatitis B virus (HBV) may also be transmitted from mother to infant during birth. It can cause liver cell damage, cirrhosis (scarring of the liver), and may lead to liver cancer. Sometimes HBV becomes chronic in about 10% of adults with the infection.

What are the symptoms?

- Dark urine
- Fever
- Light stools
- Loss of appetite
- Jaundice
- Nausea or vomiting
- Fatigue
- May have no symptoms

Who's at risk?

Emergency responders, persons with multiple sex partners or who engage in anal sex, injection drug users, health care workers, and hemodialysis patients. Hepatitis D (HDV) only infects people with HBV, is similar to HBV, and can be prevented in the same ways as HBV. Many Asians are infected at birth.

How can I avoid getting Hepatitis B?

- Clean up infected blood with household bleach.
- Don't share razors, toothbrushes, or needles.
- Have safer sex.

Key points

- Hepatitis B can be prevented with a vaccine
- Hepatitis B disease may be managed with medicines if needed, but there is no cure.
- Regular check-ups are recommended to monitor liver health.
- Liver transplant may be necessary over time with chronic infection.

Hepatitis C

Hepatitis C is transmitted through contact with infected blood, via needles and injection equipment, razors, tattoo and body piercing tools, unprotected anal intercourse, and rarely from mother to infant during birth. If left untreated, the Hepatitis C virus (HCV) can cause cirrhosis or liver cancer. Hepatitis C is the leading cause of liver transplants in the United States. HCV can lead to chronic disease in up to 80% of of people exposed.

What are the symptoms?

- Dark urine
- Fatigue
- Light stools
- Nausea
- Fever
- May have no symptoms

Who's at risk?

People who share injection drug equipment, cocaine straws, crack pipes, nonsterile tattoos, & piercing, blood transfusion recipients before 1992, health care workers, hemodialysis patients, and people who have sex where blood is exchanged. HIV/STI's raise risk of transmission.

How can I avoid getting Hepatitis C?

- Don't share anything that could have been exposed to another person's blood.
- Wear protective gloves.
- Don't share razors, toothbrushes, manicure equipment, needles, cookers, cottons, or ties.
- Have safer sex.

Key points

- Get tested to know if you've been infected.
- A Hepatitis C antibody test shows if you have ever been exposed to HCV, not whether you still have HCV. To determine if you still have Hepatitis C infection you need to get a viral load test.