

## How can you protect yourself from HBV?

The younger you are when you get HBV, the sicker you can be. All babies, children, and teens should get the vaccine.

## Should adults get hepB vaccine?

Yes, all adults should get hepB vaccine to be safe from getting HBV disease.

Adults are at greater risk of getting HBV if they are:

- In contact with blood or body fluids of a person who has HBV.
- Men who have sex with men.
- Being seen or treated for a sexually transmitted disease.
- Having sex with more than one partner.
- Having sex with a partner who has HBV.
- Injecting drugs or are a partner of someone who injects drugs.
- Sharing needles or equipment to inject or prepare drugs.
- Living with someone who has HBV.
- Living with liver disease – including those with hepatitis C virus (HCV).
- Living with HIV.
- Living with diabetes.
- On dialysis, pre-dialysis or have end-stage renal disease.
- At risk of getting HBV due to job duties.
- Incarcerated.
- Traveling to endemic areas.

## How safe is the vaccine?

HepB vaccine is one of the safest vaccines. Over a billion doses have been given worldwide.

## Where can you get hepB vaccine?

Talk to your health care provider or local health department (LHD).



## For more information

Call your health care provider, LHD or go to:

- **Centers for Disease Control and Prevention (CDC)**  
[CDC.gov/hepatitis](https://www.cdc.gov/hepatitis)
- **Michigan Department of Health and Human Services (MDHHS) –**  
Hepatitis information for individuals and families  
[Michigan.gov/hepatitis](https://www.michigan.gov/hepatitis)



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# THE DANGERS OF HEPATITIS B

## And how to avoid them



HEPATITIS B  
VACCINE  
IS  
YOUR BEST  
BET

## What is hepatitis B?

Hepatitis B virus (HBV) is a disease caused by a virus that infects the liver. It can lead to severe illness, life-long disease, scarring (cirrhosis) of the liver, liver failure, liver cancer or death.

## How do you get HBV?

HBV is spread from person to person through blood and other body fluids.

You can get it from others who have HBV by:

- Coming in contact with their blood or body fluids.
- Having unsafe sex.
- Sharing toothbrushes, razors, or nail clippers.
- Sharing ear piercing, body piercing or tattooing equipment.
- Sharing medical equipment (like glucose monitors).
- Sharing needles or equipment to inject or prepare drugs.

A childbearing person who has HBV can give it to their baby at birth. These babies need hepatitis B (hepB) vaccine and hepatitis B immune globulin (HBIG) within 12 hours of birth. They need a 2<sup>nd</sup> hepB vaccine at 1 month, a 3<sup>rd</sup> at 6 months, and a blood test at 9-12 months age.

Some people who get HBV do not show symptoms and may not know they have it.

## Symptoms of HBV can include:

- Jaundice (yellowing of the skin or eyes).
- Feeling tired all the time.
- Fever.
- Aching muscles or joints.
- Not feeling hungry.
- Stomach pain.
- Upset stomach or throwing up.
- Diarrhea.
- Dark urine.
- Light-colored stools.

The only way to know if you have HBV is to get a blood test. Talk to your health care provider about what test you need.

## What happens if you get HBV?

You can get over HBV in about 6 months or you may have it for the rest of your life.

If you have HBV, you may:

- Give it to others.
- Have no signs of being ill for many years.
- Feel tired or sick off and on.
- Suffer from liver problems, such as cirrhosis (scarring).
- Get liver cancer.

