

Protect yourself from getting viral hepatitis:

- boil or cook your food and water (if you travel to countries where HAV is common)
- wash your hands before handling food
- wash your hands after using the restroom and after diaper changing
- avoid blood and body fluids
- practice safe sex
- avoid sharing needles to shoot drugs or other drug equipment
- avoid sharing any other items that may have blood on them

Get the hepatitis A and hepatitis B vaccine

- if you are at risk of getting hepatitis
- as part of routine vaccines
- to be safe from getting HAV or HBV

Talk to your doctor or nurse about getting the hepatitis A and B vaccine



For more information

Call your health care provider, your local health department or 1-888-76-SHOTS

Websites

www.cdc.gov/hepatitis

www.hbvadvocate.org

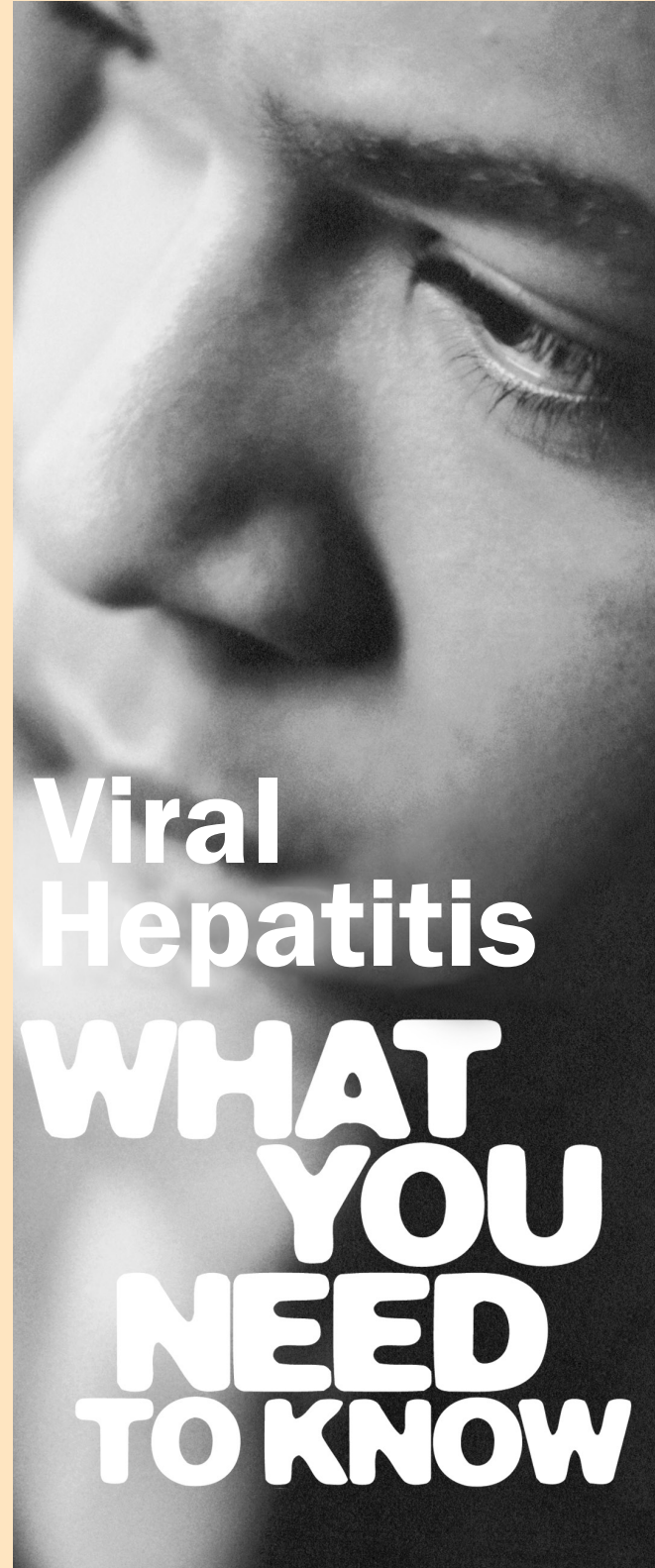
www.hcvadvocate.org

*Michigan Department
of Community Health*



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Olga Dazzo, Director**

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**Viral
Hepatitis
WHAT
YOU
NEED
TO KNOW**

Viral Hepatitis

Is caused by a virus that infects the liver and can be spread to others. Hepatitis A, B and C are the most common types and can all lead to severe illness or even death.

People with signs of hepatitis may:

- feel tired all the time
- have a fever
- have aching muscles or joints
- have an upset stomach or throw up
- have stomach pain
- have diarrhea
- have jaundice (yellowing of the skin or eyes)
- have dark urine
- have light-colored stools
- not feel hungry

The only way for you to know if you have viral hepatitis A, B or C is to get a blood test. Talk to your doctor or nurse about what blood tests you need.



Hepatitis A Virus (HAV)

- Infects 22,000 people in U.S. each year
- May make you very sick, but most often goes away within three to six months without lasting liver damage

Hepatitis B Virus (HBV)

- Infects 38,000 people in U.S. each year
- 1.2 million people in U.S. have HBV and will have it for the rest of their lives

Hepatitis C Virus (HCV)

- Infects 18,000 people in U.S. each year
- 4 million people in U.S. have HCV and may not be aware of it
- Most people do not have signs of disease and may not have symptoms until 10 to 40 years after infection
- HCV can be treated and some will get rid of the virus

You may be at risk of getting:

HAV if you:

- eat food that has HAV in it
- travel to countries where food and water are not clean
- come in contact with fecal matter (stool) from a person with HAV
- have children who go to the same day care as someone who has HAV
- are in close contact with an adoptive child from a place where HAV is common
- use street drugs

HBV or HCV if you:

- come in contact with infected blood or body fluids
- share items that may have blood on them (toothbrushes, razors, nail clippers, ear piercing, body piercing or tattoo equipment)
- are born to a mother with the virus

HAV, HBV or HCV if you:

- live with someone who has the virus
- have high-risk sex with someone who has the virus
- share needles to shoot drugs or share "works"

You may have HCV from the past if you:

- received blood or organs before 1992
- received blood products before 1987
- shared needles to shoot drugs (even once) many years ago