

## Advice for Parents

Parents face many issues while raising their children, but having a child with the hepatitis B virus (HBV) presents new challenges.

### Avoid the Spread of HBV

- Parents, siblings and other household members may need to be tested for HBV and may need hepatitis B (hepB) vaccine.
- Extended family members, childcare providers, family, friends and others that have frequent and close contact with an infected child should also consider hepB vaccination.

### Know the Facts

- Give clear and simple facts about hepatitis B:
  - It is spread through blood and infected body fluids.
  - It can be spread through bites or open wounds.
  - It is not spread by sharing toys, sneezing, coughing, spitting, or hugging.
  - There is a safe and effective vaccine to protect you.

### Know the Risk

- Consider if your child is at high or low risk for exposing others to his or her blood or body fluids (e.g., consider age, frequency of accidents, nosebleeds, biting, frequent or occasional contact).
- There is no specific law that addresses hepatitis B, the [Americans with Disabilities Act](#) is a federal law that may protect persons with hepatitis B from discrimination

### Telling Others

- Most children are now vaccinated against HBV, so the risk of your child infecting others is reduced.
- Use common sense in deciding whom to tell about your child's HBV. Once you tell someone, you cannot take it back!

### What Should You Say?

- Know your facts, use simple explanations, and remain calm.
- Emphasize that your child is healthy and poses no risk if blood accidents are handled carefully (as they should be for anyone).

### Practice Universal Precautions

As recommended by the Centers for Disease Control (CDC) for blood and bodily fluids of all adults and children

- Blood and body fluids should be treated as if they are potentially infectious.
- Clean all spills with a diluted solution of bleach (one part bleach and ten parts water).
- Properly dispose of items used to clean spills.
- Properly dispose of items such as tissues, menstrual pads and tampons, band-aids, and wound dressings so others don't come into contact with any blood or body fluids.
- Wash your hands thoroughly with soap and warm water.

(Modified from the [Hepatitis B Foundation's Advice for Parents](#))