

## How can you protect yourself from getting HBV?

The younger you are when you get HBV, the sicker you can be. So, get three hepatitis B shots. All babies, children, and teens should get the shots.

## Should adults get hepatitis B shots?

Adults should get three hepatitis B shots if they are:

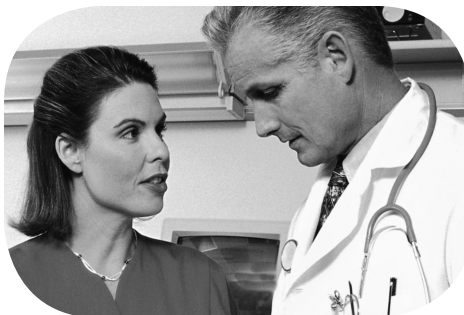
- wanting to be safe from getting HBV disease
- in contact with blood or body fluids of a person who has HBV
- men who have sex with men
- being seen or treated for a sexually transmitted disease
- having sex with more than one partner
- having sex with a partner who has HBV or who shoots drugs
- injecting drugs
- living in the same house 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

## How safe is the vaccine?

Hepatitis B vaccine is one of the safest vaccines. It has been used in the United States since 1981.

## Where can you get hepatitis B shots?

Talk to your doctor or nurse about the shots or contact your local health department.



## For more information

**Call your doctor,  
your local health department,  
or go to:**

- **Centers for Disease Control and Prevention (CDC)**  
[www.cdc.gov/hepatitis](http://www.cdc.gov/hepatitis)
- **Hepatitis B Advocate**  
<http://hcvadvocate.org/hbv/>
- **Hepatitis B Information and Support List**  
[www.hblist.net](http://www.hblist.net)
- **Michigan Department of Health and Human Services**  
[www.michigan.gov/hepatitis](http://www.michigan.gov/hepatitis)



The Michigan Department of Health and Human Services (MDHHS) does not discriminate against any individual or group because of race, religion, age, national origin, color, height, weight, marital status, genetic information, sex, sexual orientation, gender identity or expression, political beliefs or disability.



# THE DANGERS OF HEPATITIS B:

- What they are
- How to avoid them



# HEPATITIS B VACCINE

IS  
YOUR BEST  
BET.

GET ALL THREE  
SHOTS!

## What is hepatitis B?

Hepatitis B 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 people get the hepatitis B virus (HBV)?

HBV is spread from person to person through blood and other body fluids. You can get it from people who have HBV by:

- coming in contact with their blood or body fluids
- having unsafe sex with them
- sharing toothbrushes, razors, nail clippers, or needles with them
- sharing ear piercing, body piercing or tattooing equipment with them

Some people who get HBV do not show symptoms and may not know they have it. A pregnant woman who has HBV can give it to her baby at birth. Babies born to these mothers need to get the first shot of vaccine and a shot called HBIG at birth. These babies also need a second shot at one month, a third shot at six months, and a blood test by one year of age.



## People with signs of hepatitis may:

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

You cannot look at someone and tell that they have HBV. The only way for people to know if they have HBV is to get a blood test.

## What happens if you get HBV?

People can get over HBV in about six months, or they can have it for the rest of their lives. People with HBV can:

- give it to others
- have no signs of being ill for many years
- feel tired or ill
- suffer from liver problems, such as cirrhosis (scarring) or cancer

