

# Hepatitis

## Know Your **abc**s

### What is Viral Hepatitis?

Hepatitis is inflammation of the liver. Several different viruses cause viral hepatitis. The most common are the hepatitis A, B, and C viruses.

All of these viruses cause acute, or short-term, viral hepatitis. The hepatitis B and C viruses can also cause chronic hepatitis, in which the infection is prolonged, sometimes lifelong.

### Symptoms Include

- Jaundice (yellowing of the skin and eyes)
- Tiredness or fatigue
- Stomach pain
- Loss of appetite
- Dark urine
- Nausea, vomiting, diarrhea
- Fever

## Hepatitis **a**

### How is Hepatitis A spread?

- Through oral / fecal contact with an infected person
- By consuming contaminated foods and drinks

### Who is at risk?

- Men who have sex with men
- Persons who inject drugs
- Household members or sexual contacts of infected person
- Childcare centers (employees and children)
- International travelers

### Prevention

- Use good personal hygiene and proper sanitation including proper hand washing
- Practice safe sex
- Avoid alcohol

**Protect Yourself!  
Get Vaccinated for  
Hepatitis A  
if you are at risk.**

## Hepatitis **b**

### How is Hepatitis B spread?

- By direct contact with infected blood
- By having unprotected sex with an infected person
- By sharing needles or works
- By infected mother to the baby during child birth

### Who is at risk?

- Persons with multiple sex partners or history of sexually transmitted diseases
- Persons who inject drugs
- Babies born to infected mothers
- Household members or sexual contacts of infected person
- Men who have sex with men
- Healthcare workers

### Prevention

- Get help for drug use
- Avoid sharing needles or works
- Practice safe sex
- Don't share items that might have blood on them
- Avoid alcohol

**Protect Yourself!  
Get Vaccinated for  
Hepatitis B  
if you are at risk.**

## Hepatitis **c**

### How is Hepatitis C spread?

- By sharing needles or works
- By direct contact with infected blood
- By having unprotected sex with an infected person

### Who is at risk?

- Persons who inject drugs
- People who received blood transfusions before July 1992
- People who received clotting factors before 1986
- Household members or sexual contacts of infected person (low)
- Babies born to infected mother (low)

### Prevention

- Avoid sharing needles or works
- Get help for drug use
- Practice safe sex
- Don't share items that might have blood on them
- Avoid alcohol

**There is no vaccination  
for Hepatitis C, but you can  
protect yourself by  
reducing your risk factors.**

