



Liver Cancer Awareness Toolkit for Haitian Communities

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- Testing
- Transmission

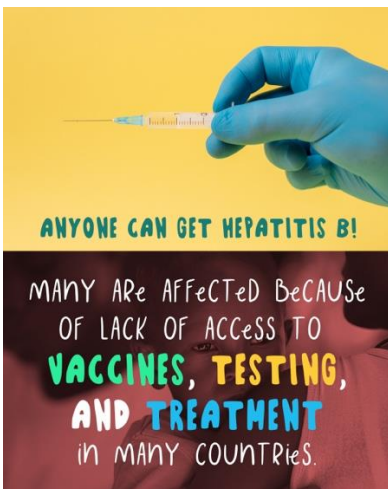
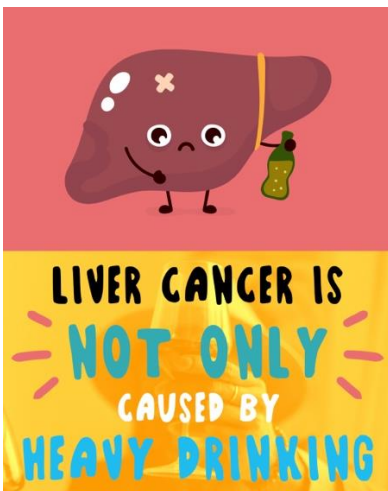
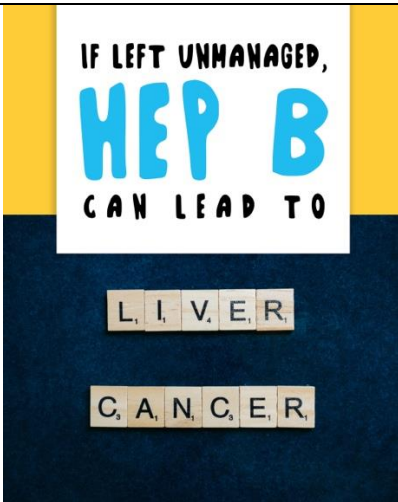
*All graphics per section can go into one post or be posted individually

BACK TO BASICS –

	<p>What Is #HepatitisB? Hepatitis B is the most common serious liver infection in the world. It is caused by the hepatitis B virus that attacks and injures the liver. If left unmanaged, hepatitis B can lead to more serious diseases, like liver cancer. Importantly, #HepB can be treated, prevented, and managed.</p>
	<p>Learn more on our website: https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/</p>
	<p>Take a look at some more #hepB facts and figures here: https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/facts-and-figures/</p>
	<p>#LiverCancer #LearntheLink #hepB #HBV</p>







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 <p>LIVER CANCER IS THE FOURTH-LEADING CAUSE OF CANCER DEATH IN HAITI AND HEPATITIS B-RELATED DEATHS HAVE BEEN INCREASING SINCE 1990.</p>		
<p>YOUR LIVER IS IMPORTANT TO YOUR HEALTH</p>  <p>EVERYTHING THAT YOU EAT, DRINK, BREATHE, OR ABSORB THROUGH YOUR SKIN GOES THROUGH YOUR LIVER!</p>		
  <p>LEARN ALL THE BASICS OF HEP B AT</p> <p>WWW.HEPB.ORG</p>		

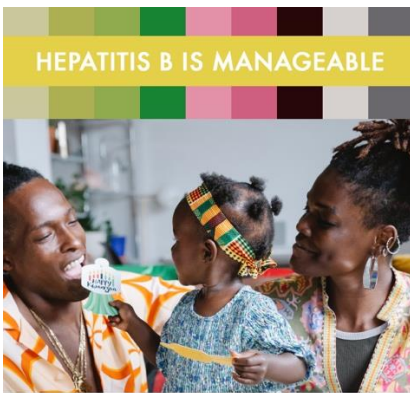
MANAGEMENT



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If left unmanaged, hepatitis B can cause serious liver disease and liver cancer.



People can live long and healthy lives with the virus.
Your community will be there to support you throughout your hepatitis B journey.

Management Includes:

Seeing a knowledgeable doctor 1-2 times per year to check your liver health.

Taking treatment if recommended.

Leading a healthy lifestyle, including a healthy diet & exercise.

Avoiding alcohol and cigarettes.

Managing hep B significantly reduces the risk of liver cancer.

If you or someone you love has been diagnosed with hepatitis B, you are not alone. In fact, nearly 1 in 3 people worldwide will be infected with the hepatitis B virus in their lifetime. If you have questions or concerns, The Hepatitis B Foundation is here to help.


Learn more:

<https://www.hepb.org/prevention-and-diagnosis/newly-diagnosed/>

#HealthyLiver #hepB #ManagementTips



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<p>HEP B IS TREATABLE</p> <p>EVEN WITH HEP B, YOU CAN STILL</p> <ul style="list-style-type: none">Lead a long and healthy life.Get married.Have kids.Have a job.Hold hands.Kiss. <p>Hep B is not a punishment or a death sentence.</p>   <p>Claims that there are herbal remedies that can "cure" hepatitis B are false - these can even end up damaging your liver.</p> <p>There is no cure for hepatitis B at this time. There <i>are</i> good tested and proven treatments that can help manage it and keep people healthy.</p>	
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<p>Ask your doctor about hep B management and liver cancer testing today!</p>		

PREVENTION

		<p>It takes only a few shots to protect yourself and your loved ones against #hepatitisB for a lifetime. The hepatitis B vaccine is a safe and effective vaccine that is recommended for all infants at birth, for children up to 18 years, for all adults ages 19-59, and adults age 60+ at high risk for hepatitis B.</p> <p>Learn more: https://www.hepb.org/prevention-anddiagnosis/vaccination/</p> <p>#GetVaxed4HepB</p>
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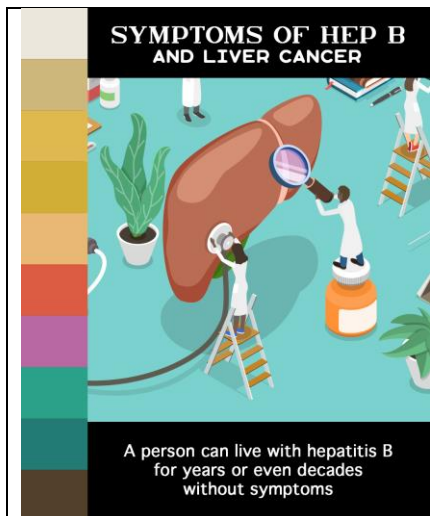
<p>DID YOU KNOW? There is a vaccine that protects against hepatitis B.</p>  <p>It should be given to all babies at birth, especially babies born to moms living with hepatitis B.</p>		
<p>The vaccine can also protect against liver cancer.</p> 		



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SYMPTOMS



Hepatitis B is a “silent epidemic” because most people do not have symptoms when they are newly infected or living with the virus. However, when symptoms do occur, it usually means there has been a lot of damage to the liver.

Learn more about common #hepB symptoms here:
<https://www.hepb.org/what-is-hepatitisb/what-is-hepb/symptoms/>

#GetTested4HepB



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ONCE SYMPTOMS START TO APPEAR, IT USUALLY MEANS THAT SIGNIFICANT LIVER DAMAGE HAS ALREADY OCCURRED.

A person can also not know right away if they have liver cancer which means tumors might get bigger and cause more damage without their knowledge.



SYMPTOMS CAN INCLUDE

- Yellowing skin and eyes (jaundice)
- Abdominal pain
 - Fatigue
- Joint soreness
- Dark urine and clay-colored stool

DON'T WAIT UNTIL YOU HAVE SYMPTOMS

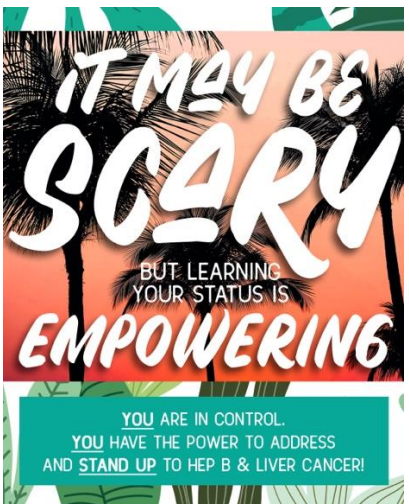
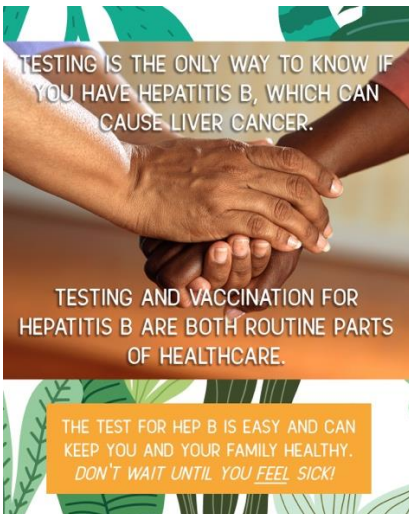


Get tested for hepatitis B today!

TESTING



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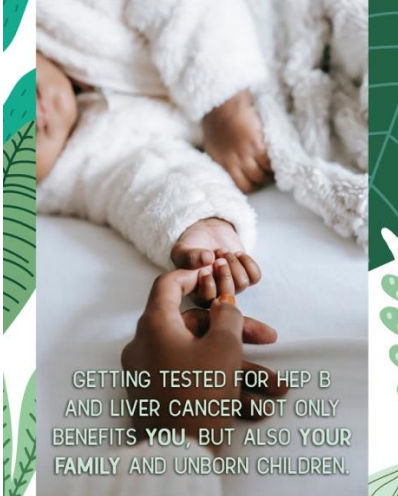
It is very important that people know their hepatitis B status in order to prevent passing the virus on to others and to protect their liver from further damage. Hepatitis B testing is available from many sources throughout the United States. Our Hep B United [[@hepbunited](#)] partners provide testing in cities throughout the U.S.

Visit <https://hepbunited.org/localcampaigns> to learn more about local coalitions near you and upcoming screenings.

#GetTested4HepB



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TRANSMISSION

The hepatitis B virus is transmitted through blood and bodily fluids. If you are unvaccinated or unsure of your hepatitis B status – and are exposed to the hepatitis B virus through direct contact with infected blood - a timely “postexposure prophylaxis” (PEP) can prevent an infection.

Learn more here about PEP here:
<https://www.hepb.org/prevention-and-diagnosis/post-exposure-treatment/>



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 <p>HOW IS HEPATITIS B TRANSMITTED?</p> <p>HEPATITIS B IS TRANSMITTED THROUGH DIRECT CONTACT WITH BLOOD OR BODILY FLUIDS THAT ARE CARRYING THE VIRUS, BUT NOT THROUGH SALIVA, SWEAT OR TEARS.</p>  <p>TRANSMISSION CAN ALSO OCCUR THROUGH:</p> <ul style="list-style-type: none">SHARING NEEDLESUNSTERILE HEALTHCARE PRACTICESANY TYPE OF UNPROTECTED SEXUAL CONTACTSHARING HOUSEHOLD HYGIENE ITEMS (RAZORS, TOOTHBRUSHES, ETC.)TATTOOS, PIERCINGS, SCARIFICATION, ETC.	<p>Learn more about transmission and prevention here: https://www.hepb.org/prevention-and-diagnosis/transmission/</p> <p>#hepatitisB</p>
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<p>TRANSMISSION CAN ALSO BE UNRELATED TO SEXUAL ACTIVITY OR DRUG USE.</p> <p>HEPATITIS B IS MOST COMMONLY CONTRACTED FROM MOTHER TO CHILD DURING CHILDBIRTH WHEN PREGNANT WOMEN DON'T KNOW THEY ARE LIVING WITH THE VIRUS.</p>  <p>BABIES DO NOT HAVE IMMUNE SYSTEMS THAT ARE STRONG ENOUGH TO FIGHT THE VIRUS, SO THEY WILL FREQUENTLY DEVELOP A CHRONIC LIFELONG INFECTION.</p>		
<p>HEPATITIS B IS NOT SHARED THROUGH:</p> <ul style="list-style-type: none">SHARING MEALS OR UTENSILSEATING FOOD PREPARED BY SOMEONE WHO IS LIVING WITH HEP BSNEEZING OR COUGHINGHOLDING HANDSHUGGINGKISSINGBREASTFEEDINGWATERSHARING A CUP OR TOILET WITH SOMEONE WHO IS LIVING WITH HEP B <p>LEARN ALL THE BASICS OF HEP B AT WWW.HEPB.ORG</p> 