

# MYTHS ABOUT HEPATITIS B TRANSMISSION

Did you know?

Anyone can get hepatitis B. It is one of the most common infections worldwide. There are 300 million people living with hepatitis B.

## Hepatitis B can be transmitted through:



CHILDBIRTH



BLOOD CONTACT



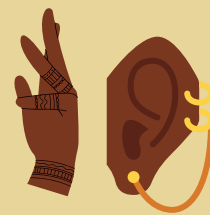
UNPROTECTED SEX



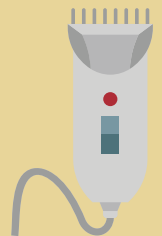
SHARING  
HYGIENE ITEMS



UNSTERILE NEEDLES &  
HEALTHCARE EQUIPMENT



UNSTERILE TATTOO &  
PIERCING EQUIPMENT



UNSTERILE GROOMING  
EQUIPMENT

## Hepatitis B cannot be transmitted through:



SHARING A MEAL



SHARING WATER (CUP OR TOILET)



COUGHING OR SNEEZING



BREASTFEEDING



HOLDING HANDS



HUGGING OR KISSING

Hepatitis B is a liver disease caused by a virus and is a very common infection. It is not a punishment for bad behavior and is not caused by other factors such as animals or spiritual forces, like birds or the evil eye. Learning your hepatitis B status is important. Knowing the facts, getting tested, and getting vaccinated can protect you and your loved ones from hepatitis B!

# Common Questions about Hepatitis B

Do you have questions about hepatitis B? Read on to learn some common questions and their answers

"If I don't have symptoms, can I have hepatitis B?"

Yes. Most people who have hepatitis B do not have symptoms. Sometimes symptoms can take decades to appear! Getting tested is important, with or without symptoms.

"Is there a cure for hepatitis B?"

No, there is no cure, but it is treatable. Any herbal remedies that promise a cure are false. Safe and effective treatments prescribed by a doctor can help keep you healthy. There are resources to help cover costs if you don't have health insurance.

"Is it safe to spend time with people who have hepatitis B?"

Yes, it's safe. Hepatitis B cannot be shared casually through food, water, breastfeeding, coughing, sneezing, hugging, kissing or holding hands. People with hepatitis B can still get married, have children, and have jobs.

"If I haven't done anything risky, can I still have hepatitis B?"

Yes. Most people who have hepatitis B get it as babies or children. Hepatitis B is not only associated with risky behavior. Anyone can get hepatitis B, and it is one of the most common infections worldwide.

"Will my life change very much if I have hepatitis B?"

No, it doesn't have to. You can still live a long and healthy life with hepatitis B. Visiting your doctor 1-2 times per year, taking treatment if recommended, and living a healthy lifestyle free of alcohol and tobacco can reduce your risk of liver cancer.

"Am I really at risk since hepatitis B cannot be shared casually?"

Yes, you can still be at risk. Hepatitis B can be shared through childbirth, blood contact, sexual fluids, sharing household items (razors, toothbrushes etc.) and unsterile needles in healthcare settings, as well as tattoo and piercing parlors.

Hepatitis B is a liver disease caused by a virus and is a very common infection. It is not a punishment for bad behavior and is not caused by other factors such as animals or spiritual forces, like birds or the evil eye. Learning your hepatitis B status is important. Knowing the facts, getting tested, and getting vaccinated can protect you and your loved ones from hepatitis B!