







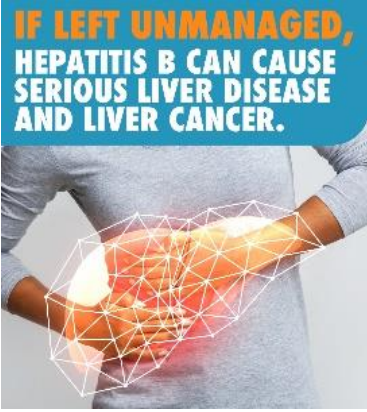





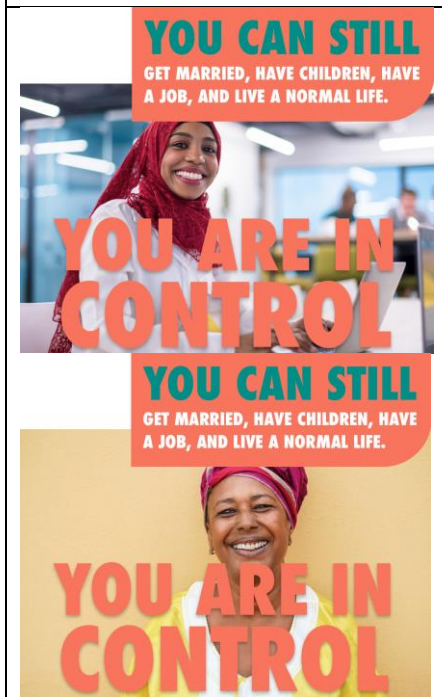
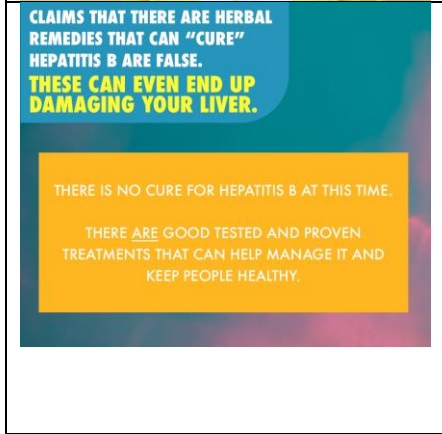
- Back to Basics
- Management
- Prevention
- Symptoms
- Testing
- Transmission




BACK TO BASICS

| | | |
|---|---|---|
|  |  | <p>Back to Basics #1</p> <p>It is important to remember that anyone can get hepatitis B and it is one of the most common infections in the world! It is not a punishment or a death sentence. If you are living with hepatitis B, you are still worthy of a long, happy, and healthy life!</p> <p>Find everything you would need to know about hepatitis B at www.hepb.org</p> |
|  | <p>Back to Basics #2</p> <p>Hepatitis B is the most common serious liver infection. This virus injures and attacks the liver. About 300 million people around the world are living with #hepatitisB. The good news is that hep B is completely preventable and manageable!</p> <p>Learn more about #hepB here: www.hepb.org/what-is-hepatitis-b/what-is-hepb/</p> | |
|  | <p>Back to Basics #3</p> <p>Keep in mind everything you eat, drink, breathe, or absorb through your skin is eventually filtered by your liver. So, protect your liver and your health by eating plenty of fruits and veggies!</p> <p>Learn more healthy liver tips here: https://www.hepb.org/treatment-and-management/adults-with-hepatitis-b/healthy-liver-tips/</p> | |


| | |
|---|---|
|  | <p>Back to Basics #4</p> <p>The key to addressing the high burden of hepatitis B infection in people of African and Asian origin is to improve awareness and access to hepatitis B information, screening, vaccination, and follow-up care.</p> <p>Get involved and connect with the World Hepatitis Alliance, click here: https://www.worldhepatitisalliance.org/</p> |
|  | <p>Back to Basics #5</p> <p>#HepatitisB is one of the most common causes of liver cancer in the world. #Livercancer can often unfortunately be especially common among young people in African communities. One of the best ways to prevent this is to #vaccinate all children and adults against hepatitis B!</p> <p>Learn more here: https://www.hepb.org/prevention-and-diagnosis/vaccination/</p> |
|  | <p>Back to Basics #6</p> <p>Hepatitis B is diagnosed with a simple blood test that can be done at your doctor's office or local health clinic. Learn more about hep B testing here: https://www.hepb.org/prevention-and-diagnosis/diagnosis/</p> <p>#GetTested4HepB</p> |
|  | <p>Back to Basics #7</p> <p>Liver cancer is preventable if the primary risk factors such as chronic hepatitis B and C infections can be eliminated. Since liver cancer usually develops without symptoms, patients with chronic hepatitis B or C infections should be screened for liver cancer as part of their routine medical care.</p> <p>Learn more: https://www.hepb.org/research-and-programs/liver/screening-for-liver-cancer/who-should-be-screened/</p> <p>#GetTested4HepB #PreventLiverCancer</p> |




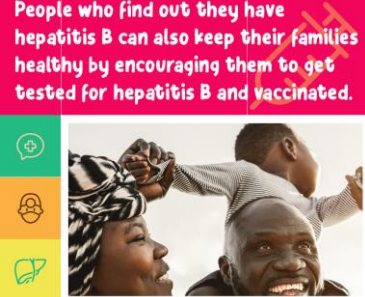



| | |
|---|--|
|  | <p>Management #1</p> <p>People living with chronic #hepatitisB should expect to live a long and healthy life. There are decisions you can make to protect your liver and your health.</p> <p>Check out these healthy liver tips here: https://www.hepb.org/treatment-and-management/adults-with-hepatitis-b/healthy-livertips/</p> <p>#HealthyLiver</p> |
|  | <p>Management #2</p> <p>If you tested positive for #hepatitisB, the first step to managing your health is to visit your doctor. During a physical exam, your health care provider will ask about your symptoms and any risk factors that you may have for liver cancer. [exclude Twitter: They will also check your belly or abdomen and your skin and eyes to look for signs of jaundice.]</p> <p>Learn how to prepare for your appointment here: https://www.hepb.org/research-and-programs/liver/talking-to-your-health-care-team/</p> |
|  | <p>Management #3</p> <p>It is important to remember that hepatitis B is a manageable condition and does not have to interfere with your quality of life! Just making a few simple changes to your routine can help to protect your liver and your health for life!</p> <p>For more on living with and managing hepatitis B, visit https://www.hepb.org/treatment-and-management/adults-with-hepatitis-b/</p> |

| | |
|---|--|
|  <p>HEP B IS NOT A DEATH SENTENCE OR A PUNISHMENT FOR DOING SOMETHING BAD.</p> | <p>Management #4</p> <p>Around the world, many people with chronic hepatitis B face discrimination. The stigma that persists is based on ignorance and it impacts millions around the world daily.</p> <p>If you are faced with #discrimination due to hepatitis B, please share your experience anonymously and confidentially through our Discrimination Survey: https://www.surveymonkey.com/r/hepbdiscrimination</p> |
|  <p>YOU CAN STILL GET MARRIED, HAVE CHILDREN, HAVE A JOB, AND LIVE A NORMAL LIFE.</p> <p>YOU ARE IN CONTROL</p> <p>YOU CAN STILL GET MARRIED, HAVE CHILDREN, HAVE A JOB, AND LIVE A NORMAL LIFE.</p> <p>YOU ARE IN CONTROL</p> | <p>Management #5</p> <p>If you or someone you love has recently 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.</p> <p>Learn more: https://www.hepb.org/prevention-and-diagnosis/newly-diagnosed/</p> <p>#HealthyLiver #hepB #ManagementTips</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.</p> <p>THERE ARE GOOD TESTED AND PROVEN TREATMENTS THAT CAN HELP MANAGE IT AND KEEP PEOPLE HEALTHY.</p> | <p>Management #6</p> <p>Fact Check: Herbal remedies do not cure #hepatitisB. Although there is no cure, there are approved drugs for both adults and children that control the hepatitis B virus, which helps reduce the risk of developing more serious liver disease.</p> <p>Learn about treatment options here: https://www.hepb.org/treatment-and-management/adults-with-hepatitis-b/</p> <p>#HealthyLiver #hepB #ManagementTips</p> |




| | |
|---|---|
|  <p>WELLNESS IS WORSHIP A STRONG FAITH BEGINS WITH A HEALTHY BODY.</p> <p>HEALTHY BODY. DEVOUT SOUL.</p> <p>WELLNESS IS WORSHIP A STRONG FAITH BEGINS WITH A HEALTHY BODY.</p>  <p>HEALTHY BODY. DEVOUT SOUL.</p> | <p>Management #7</p> <p>There is strength to be found in community. This is definitely true for #hepatitisB! There are some good Internet support group listservs dedicated to hepatitis B. These lists provide emotional support and practical help for those living with hepatitis B.</p> <p>Learn how to join a support group here: https://www.hepb.org/resources-and-support/online-support-groups/</p> |
|  <p>ASK YOUR DOCTOR ABOUT HEP B MANAGEMENT AND LIVER CANCER TESTING TODAY!</p> <p>FIND OUT MORE ABOUT HEPATITIS B: WWW.HEPB.ORG</p> | <p>Management #8</p> <p>If you're living with hepatitis B, talk to your doctor about management as well as testing for liver cancer. Regular screening for liver cancer and early detection are the most effective ways to improve treatment success.</p> <p>Read more about treatment and management here: https://www.hepb.org/treatment-and-management/adults-with-hepatitis-b/</p> <p>#HealthyLiver #hepB #ManagementTips</p> |

PREVENTION



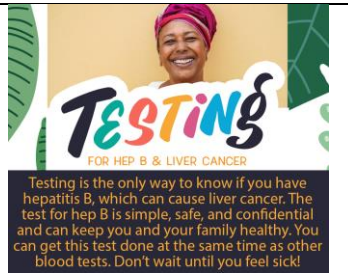
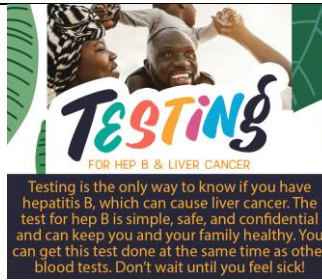


| | |
|--|--|
|  <p>Preventing hep B and liver cancer.</p> | <p>Prevention #1</p> <p>The hepatitis B vaccine is also known as the first “anti-cancer” vaccine because it prevents hepatitis B, the leading cause of liver cancer worldwide.</p> <p>Learn about #hepB vaccine recommendations here: https://www.hepb.org/prevention-and-diagnosis/vaccination/</p> <p>#GetVaxed4HepB</p> |
|--|--|

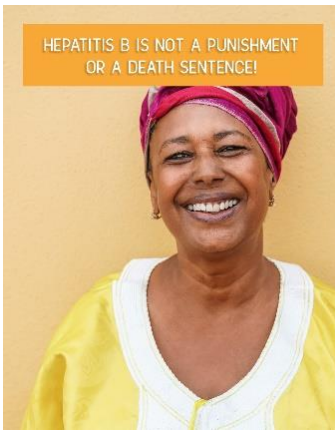
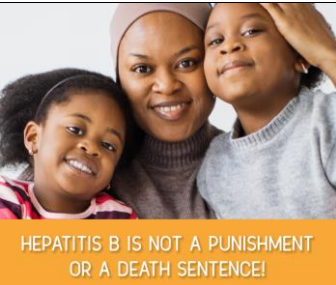



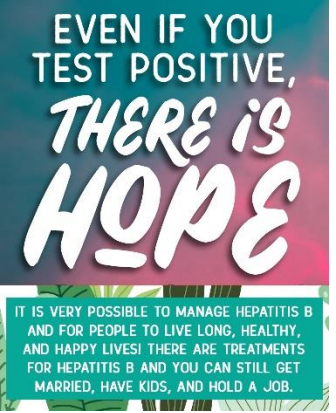
| | |
|---|---|
|  <p>The vaccine can also protect against liver cancer.</p> | <p>Prevention #3</p> <p>The hepatitis B vaccine is also known as the first “anti-cancer” vaccine because it prevents hepatitis B, the leading cause of liver cancer worldwide.</p> <p>Learn about #hepB vaccine recommendations here: https://www.hepb.org/prevention-and-diagnosis/vaccination/</p> <p>#GetVaxed4HepB</p> |
|  <p>People who find out they have hepatitis B can also keep their families healthy by encouraging them to get tested for hepatitis B and vaccinated.</p>  <p>PROTECT YOURSELF AND YOUR LOVED ONES</p> <p>GET VACCINATED FOR HEP B TODAY!</p> |  <p>People who find out they have hepatitis B can also keep their families healthy by encouraging them to get tested for hepatitis B and vaccinated.</p>  <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>Prevention #2</p> <p>It takes only a few shots to protect yourself and your loved ones against #hepatitis B for a lifetime.</p> <p>The hepatitis B vaccine is a safe and effective vaccine that is recommended for all infants at birth, children up to 18 years, all adults ages 19-59, and adults age 60+ at high risk for hepatitis B.</p> <p>Learn more: https://www.hepb.org/prevention-and-diagnosis/vaccination/</p> <p>#GetVaxed4HepB</p> |
|  <p>Wellness is worship. Follow the Prophet's wisdom and be the healthiest you!</p>  <p>Wellness is worship. Follow the Prophet's wisdom and be the healthiest you!</p> | <p>Prevention #4</p> <p>The most important thing to remember is that hepatitis B is a chronic medical condition (such as diabetes and high blood pressure) that can be successfully managed if you take good care of your health and your liver. You should expect to live a long, full life.</p> <p>Learn about treatment options for #hepB on our website: https://www.hepb.org/treatment-and-management/treatment/</p> |

SYMPTOMS

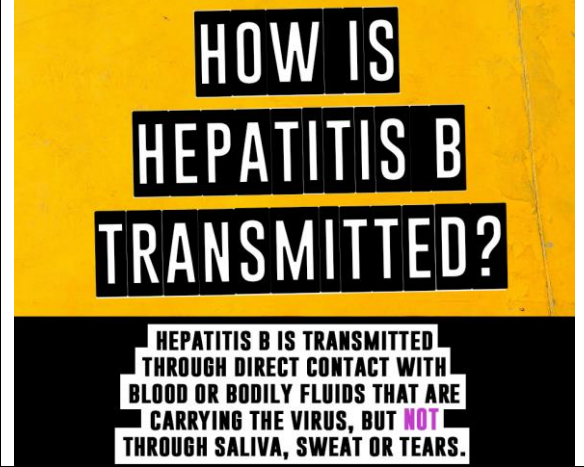
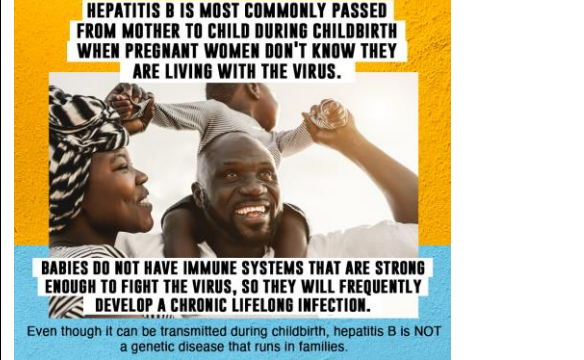

| | | |
|---|---|--|
| <p>When signs and symptoms do appear, they can include things like yellowing skin and eyes (jaundice), abdominal pain, fatigue, and joint soreness, along with dark urine and clay-colored stool.</p> <p>If you experience any of these symptoms, seek medical attention immediately!</p>  | <p>A person can live with hepatitis B for years or even decades without symptoms.</p> <p><small>Once symptoms start to appear, it usually means that a lot of liver damage has already occurred.</small></p>  <p><small>A person can also not know right away if they have liver cancer and tumors might get bigger and cause more damage without their knowledge.</small></p> | <p>Symptoms #1</p> <p>Hepatitis B is a “silent epidemic” because most people do not have symptoms when they are newly infected or living with the virus. Thus, they can unknowingly spread the virus to others and continue the spread of hepatitis B. Testing is the only way to know for sure if you have the virus.</p> <p>#GetTested4HepB</p> |
| <p>YOU ARE IN CONTROL!</p>  <p>Don't wait until you have symptoms. Get tested for hepatitis B today!</p> | <p>Symptoms #2</p> <p>Hepatitis B is called a "silent infection" because most people do not have any symptoms when they are first infected. Testing is the only way to know for sure if you are living with the virus. Don't wait until you have symptoms!</p> <p>Learn more about common #hepb symptoms here: https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/symptoms/</p> | |




TESTING

| | | |
|---|---|---|
|  |  | <p>Testing #1</p> <p>Testing will not only benefit you but also your family and children you may have in the future. Get tested for #hepatitisB today!</p> <p>Learn more: https://www.hepb.org/prevention-and-diagnosis/diagnosis/</p> <p>#GetTested4HepB</p> |
|  |  | <p>Testing #2</p> <p>Hepatitis B testing is available from many sources throughout the United States. Our Hep B United partners provide testing in cities throughout the U.S. Visit http://hepbunited.org/local-campaigns to learn more about local coalitions near you and upcoming screenings.</p> <p>#GetTested4HepB</p> |
|  |  | <p>Testing #3</p> <p>Most people who are living with hepatitis B are unaware of their infection for many years and can unknowingly spread the virus to others. Don't wait to get tested! If you test negative for #hepB, you can get VACCINATED! Learn more about the #hepatitisB vaccine here: https://www.hepb.org/prevention-and-diagnosis/vaccination/</p> <p>#GetTested4HepB</p> |

| | | |
|---|---|---|
|  |  | <p>Testing #4</p> <p>The hepatitis B blood test requires only one sample of blood, and your health care provider should order the “Hepatitis B Panel,” which includes three parts. The most important thing to remember is that hepatitis B is a chronic medical condition that can be successfully managed if you take good care of your health and your liver. You should expect to live a long, full life.</p> <p>#GetTested4HepB</p> |
|  |  | <p>Testing #5</p> <p>Hepatitis B is diagnosed with a simple blood test that can be done at your doctor’s office or local health clinic. The U.S. Centers for Disease Control and Prevention offers a list of testing centers: https://gettested.cdc.gov/</p> <p>#GetTested4HepB</p> |
|  |  | <p>Testing #6</p> <p>If you or someone you love have recently 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.</p> <p>Receiving a diagnosis of hepatitis B can be confusing or overwhelming, and you may have questions or concerns. The Hepatitis B Foundation is here to help.</p> <p>Learn more: www.hepb.org</p> |

TRANSMISSION

| | |
|---|--|
|  | <p>Transmission #1</p> <p>Hepatitis B is NOT transmitted casually. It cannot be spread through toilet seats, doorknobs, sneezing, coughing, hugging, or eating meals with someone who is living with hepatitis B.</p> <p>Learn more: https://www.hepb.org/prevention-and-diagnosis/transmission/</p> |
|  | <p>Transmission #2</p> <p>Babies born to a mother with hepatitis B have a greater than 90% chance of developing chronic hepatitis B if they are not properly treated at birth. If you are pregnant while living with #hepB, learn which steps to take on our website: https://www.hepb.org/treatment-and-management/pregnancy-and-hbv/</p> |
|  | <p>Transmission #3</p> <p>Hepatitis B is NOT transmitted casually. It cannot be spread through toilet seats, doorknobs, sneezing, coughing, hugging, or eating meals with someone who is living with hepatitis B.</p> <p>Learn more: https://www.hepb.org/prevention-and-diagnosis/transmission/</p> |

| | | |
|--|---|---|
|  <p>IN ADDITION TO HAPPENING DURING CHILDBIRTH, TRANSMISSION CAN ALSO OCCUR THROUGH:</p> <ul style="list-style-type: none"> SHARING NEEDLES UNSTERILE HEALTHCARE PRACTICES ANY TYPE OF UNPROTECTED INTIMATE CONTACT SHARING HOUSEHOLD HYGIENE ITEMS (RAZORS, TOOTHBRUSHES, ETC.) TATTOOS, PIERCINGS, SCARIFICATION, ETC. |  <p>TRANSMISSION CAN ALSO OCCUR THROUGH:</p> <ul style="list-style-type: none"> SHARING NEEDLES UNSTERILE HEALTHCARE PRACTICES ANY TYPE OF UNPROTECTED SEXUAL CONTACT SHARING HOUSEHOLD HYGIENE ITEMS (RAZORS, TOOTHBRUSHES, ETC.) TATTOOS, PIERCINGS, SCARIFICATION, ETC. | <p>Transmission #4</p> <p>The hepatitis B virus is transmitted through blood and bodily fluids. All sexual partners, family and close household members living with a person who has a chronic hepatitis B infection should be tested and vaccinated for #hepB.</p> <p>Learn more: https://www.hepb.org/prevention-and-diagnosis/transmission/</p> |
|  <p>THERE IS ALWAYS A CHANCE THAT YOUR PARTNER MAY HAVE BEEN EXPOSED TO HEPATITIS B DURING CHILDBIRTH.</p> <p>IT'S A GOOD IDEA FOR COUPLES TO GET TESTED BEFORE GETTING MARRIED.</p> | <p>Transmission #5</p> <p>It's critically important to #TalkAboutIt & #StoptheStigma! Knowing your risk factors for #hepatitisB and #livercancer and discussing them with your partner can help you make more informed lifestyle and health care choices to protect your health & that of any future children you may have.</p> <p>Learn more: https://www.hepb.org/research-and-programs/liver/risk-factors-for-liver-cancer/</p> | |