

LET'S LEARN ABOUT...
**HEPATITIS B
TRANSMISSION**



**MOTHER TO CHILD
TRANSMISSION**



Some pregnant women do not know they are living with hepatitis B.

Therefore, they can pass on hepatitis B to their baby, without knowing it.

Babies do not have immune systems strong enough to fight the virus, so they frequently develop a chronic lifelong infection.

This is the most common form of hepatitis B transmission.

**HEPATITIS B
IS ALSO TRANSMITTED
BY...**

Direct contact with blood or bodily fluids that contain the virus.

There is a risk during any type of intimate contact.



**HEPATITIS B
IS ALSO
TRANSMITTED BY...**

Sharing household hygiene items (razors, toothbrushes, earrings, etc.)

Procedures like tattoos, piercings, scarification, etc.



Transmission Graphics Toolkit

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

Instagram/Facebook/Other

Hepatitis B is transmitted through blood and bodily fluids. Some of the most common transmission methods are from mother to child during pregnancy and childbirth, unprotected sex, and direct contact with infected blood by sharing household or healthcare equipment that may carry blood particles.

It is also important to know that #hepB is NOT transmitted through casual contact such as hugging and kissing or through food and air.

Learn more about transmission here:

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

#LiverCancer #Learnthelink #hepB #HBV

Twitter

Hepatitis B is transmitted through contact with infected blood and bodily fluids. It is not transmitted through casual contact, food or the air.

Learn more details about transmission here:

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#LiverCancer #Learnthelink #hepB #HBV

HEPATITIS B IS ALSO TRANSMITTED BY...

Sharing needles



Unsterile healthcare practices



Mother to child during birth



Although hep B can be transmitted during childbirth, it is not a genetic disease that runs in families.

HEPATITIS B IS NOT SPREAD THROUGH...

Sneezing or coughing



Breast feeding



Holding hands



Kissing



Hugging



HEPATITIS B IS NOT SPREAD THROUGH...

Sharing meals or utensils with someone living with hepatitis B, or eating food prepared by someone living with hep B



Water (or sharing a cup/toilet with someone who is living with hep B)

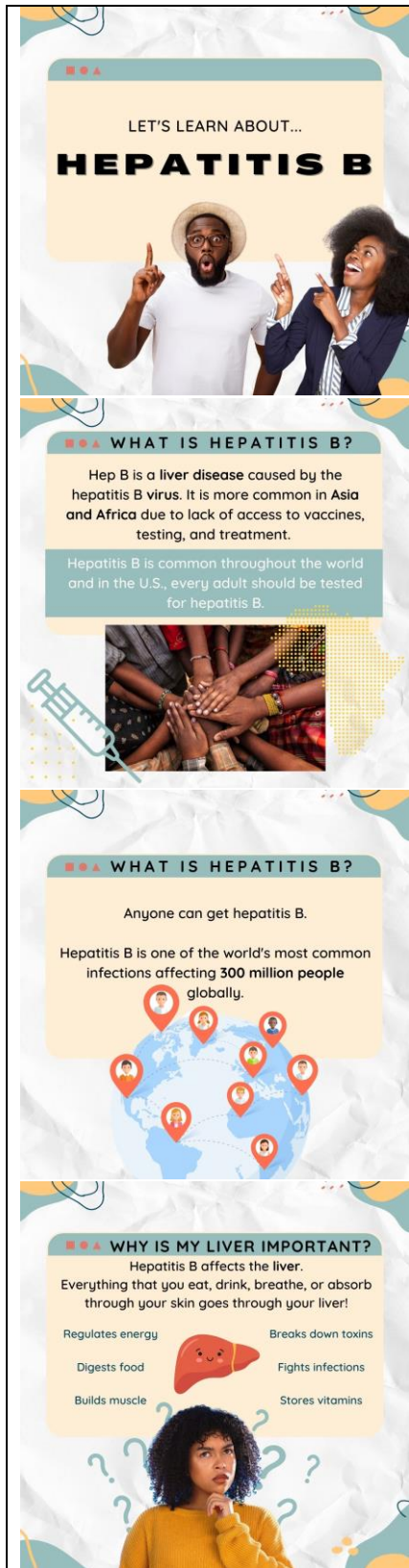


DON'T WAIT. HEP B DOESN'T.



Learn more about prevention, treatment, and testing at

www.hepb.org



Back to Basics Graphics Toolkit

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

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Hepatitis B is a liver disease caused by a virus. It is one of the most common infections, affecting 300 million people worldwide. The virus is more common in Africa because vaccination is not always available, but there are many other ways to protect yourself and your loved ones from infection.

Learn the basics of #hepB and why it is so important to keep your liver healthy: <https://www.hepb.org/what-is-hepatitis-b/what-is-hepb/>

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TYPES OF HEPATITIS B INFECTION

There are **two** types of hepatitis B infection...

Acute

An infection that lasts less than 6 months

6

Chronic

An infection that lasts for life

TYPES OF HEPATITIS B INFECTION

There are **two** types of Hepatitis B infection...

Acute

- Less common
- Usually occurs by getting infected as an adult
- Usually clears from the body within 6 months

Chronic

- More common
- Usually occurs by getting infected during childhood
- Usually lasts for life

WHY IS HEPATITIS B MORE COMMON IN AFRICA?

Because the hepatitis B vaccine is not available in all parts of Africa, many **infants** and **young children** are at risk of infection.

Most people with hepatitis B do not know that they are infected!



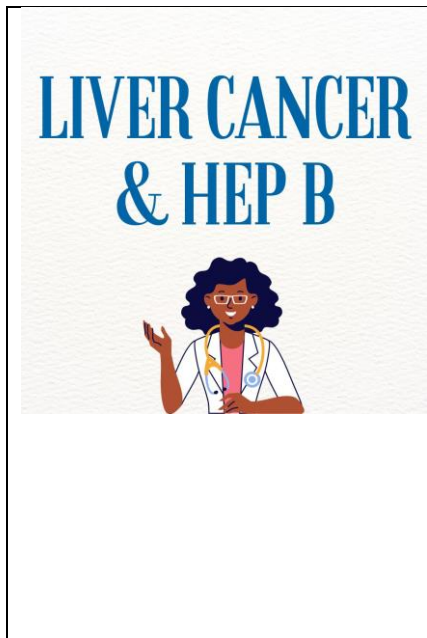
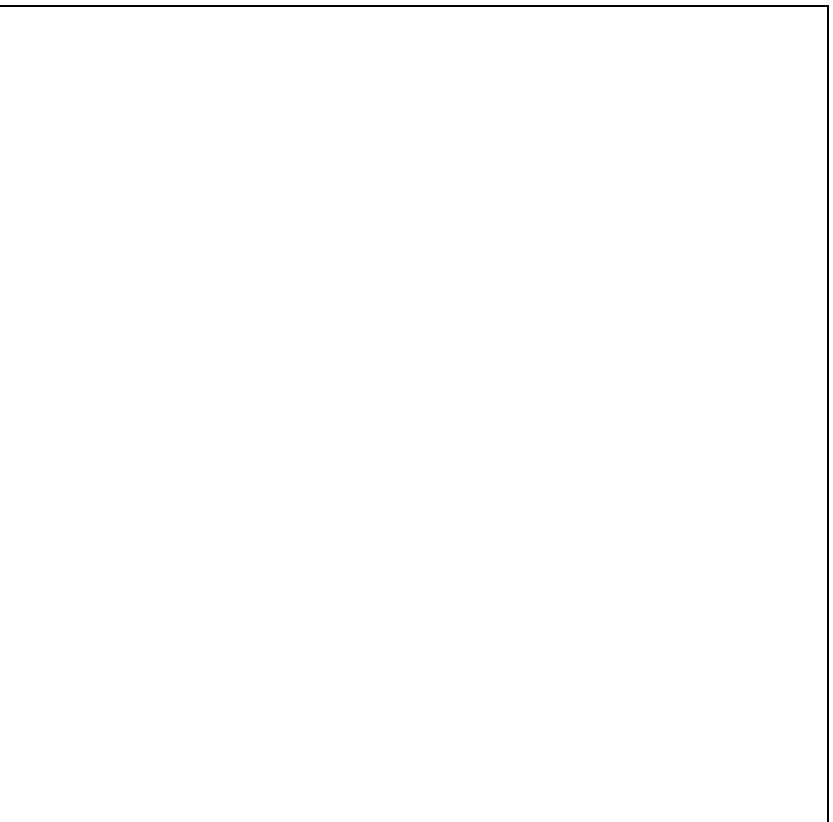
WHY IS HEPATITIS B MORE COMMON IN AFRICA?

Although hepatitis B can be prevented with a vaccine at birth, not all babies receive the vaccine

Many pregnant women do not know they are infected, and **unknowingly** pass the virus to their babies

Without the vaccine, most of these babies will develop **chronic, lifelong** infections.





Hep B & Liver Cancer Connection Graphics Toolkit

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

Instagram/Facebook/Other

Did you know that hepatitis B can lead to liver cancer? The hepatitis B virus causes inflammation of the liver and without management, it can lead to severe damage and cancer. There are many ways to prevent and protect against #hepb and #livercancer

Learn more about how to keep your liver healthy here:
<https://www.hepb.org/research-and-programs/liver/>

#LiverCancer #LearntheLink #hepb #HBV

WHAT IS HEPATITIS B?

Hep B is a **liver disease** caused by the hepatitis B virus. It is more common in Asia and Africa, due to lack of access to vaccines, testing, and treatment.

Hep B is one of the world's most common infections, affecting **300 million people** globally.



HEP B AND LIVER CANCER

If left unmanaged, hep B can cause **serious liver disease** and **liver cancer**. A person can live with hepatitis B for **years** or even **decades** without symptoms.

Once symptoms start to appear, it means that **liver damage** may have already occurred.



HEP B AND LIVER CANCER

Liver cancer is not only caused by heavy drinking.

Not everyone living with hepatitis B—and especially not everyone who develops liver cancer—drinks alcohol.



HEPATITIS B IS MANAGEABLE

Management includes:

Seeing a doctor who knows about liver disease 1-2 times per year to check your liver health and take a simple blood test.

Taking treatment if recommended.



Twitter

Did you know that hepatitis B can lead to liver cancer? By understanding the connection, you can prevent and protect against #hepB and #livercancer.

Learn more about how to keep your liver healthy here:
<https://www.hepb.org/research-and-programs/liver/>

#LiverCancer #Learnthelink #hepB #HBV

HEPATITIS B IS MANAGEABLE



Leading a healthy
lifestyle by...



eating a healthy diet,
exercising, & avoiding
alcohol and cigarettes.

Managing hepatitis B greatly lowers your risk of
liver cancer.

Hep B is **treatable**. You can lead a long, healthy life.

You can get married, have a job, have kids, and kiss
your loved ones!



Hep B is not a punishment

Hepatitis B Testing

Testing is the only way to know if you have
hepatitis B and liver cancer.

Early detection of hepatitis B and liver cancer
are very important.

This simple and easy test can protect your liver
and **save your life.**



BENEFITS OF TESTING

Don't be afraid - the test is here to help you!

Testing may be scary, but it can offer you peace of
mind and the chance to be around longer for your
family and community members who love you.

The hep B test can let you know if you are living with
hep B so doctors can get you the care you need.

It's important to get tested **early** to detect hepatitis B
and help keep you *and* your loved ones safe.



WHERE CAN I FIND TESTING AND VACCINATION?

Tests are available at a doctor's office or health clinic. There is also a **vaccine** that can protect babies and adults from hepatitis B for a lifetime.

Find testing locations at <https://gettested.cdc.gov/>

Vaccinations are available at your health department, pharmacy, health clinic, or doctor's office.



Don't wait. Hep B doesn't.

Learn more about prevention, treatment,
and testing at

www.hepb.org



HEPATITIS B

MYTH VS FACT



MYTH



I don't have symptoms, so I don't have hepatitis B

FACT

Some people who are living with hepatitis B may not show symptoms while their liver may still be damaged.

It is important to get tested to know if you are living with hepatitis B.



Myths & Misconceptions Graphics Toolkit

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

Instagram/Facebook/Twitter

Hepatitis B can affect anyone, often does not show symptoms, and has effective treatment options. Learn more about the common myths and misconceptions about #hepB and how accurate information can help keep you and your loved ones healthy.

#LiverCancer #LearntheLink #hepB #HBV

MYTH

A hepatitis B diagnosis is a death sentence.



FACT



Hep B can be managed effectively by seeing a doctor and taking treatment if needed.

Treatments are available to help people stay healthy.

MYTH



I haven't done anything risky, so I couldn't have gotten hepatitis B transmitted to me.

FACT

Hepatitis B is often transmitted through blood contact at birth or during early childhood.

Transmission is often unrelated to sexual activity or drug use.



MYTH



There is a cure for hepatitis B.

FACT

Claims that herbal remedies "cure" hepatitis B are false - and may even end up damaging your liver.

There is no cure for hepatitis B at this time. But, treatments are available to manage hep B and keep people healthy.



**DON'T WAIT.
HEP B DOESN'T.**

LEARN MORE ABOUT PREVENTION,
TREATMENT, AND TESTING AT

WWW.HEPB.ORG

