

Breaking Down Myths about

Hepatitis B Transmission

Hepatitis B is not spread through casual contact. If you or someone you know has hepatitis B, you don't have to worry about:



Coughing
or sneezing



Sharing a meal



Holding
hands



Breastfeeding



Sharing the same
water (drinking cup
or toilet)



Hugging or
kissing

Know the facts about hepatitis B and help
fight the stigma.

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, as 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 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 doesn't only affect certain people, and it is a very common infection. It is not a punishment for bad behavior and **ANYONE** can get hepatitis B. 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!