

PREVENTION



- **Get vaccinated** against Hepatitis B (3 doses)
- **Avoid tattooing or piercing** unless you are sure the equipment used are new
- **No sharing of personal items** (needles, shavers, nail clippers, toothbrushes)
- **Use gloves** when carrying out work that exposes you to blood and body fluids
- **Get screened** for viral hepatitis if you are unsure about your risk factors. Remember, everyone maybe at some risk.

If you are **INFECTED** with Hepatitis B



- Discuss with your doctor on the options for management
- Ensure that you have regular follow-ups as determined by your doctor
- Have adequate rest
- Avoid alcohol
- Do not take over-the-counter medication (modern or traditional including vitamin) without your doctor's advice
- Practise a healthy lifestyle
- Practise safe sex
- Do not donate blood or organ
- Inform your partner about your Hepatitis B status. Advice him/her to undergo screening and get immunized
- Avoid activities that would contribute to the spread of the disease

For further information,
please contact the nearest
Health Clinic or hospital,
or refer to our website
www.infosihat.gov.my
www.myhealth.gov.my



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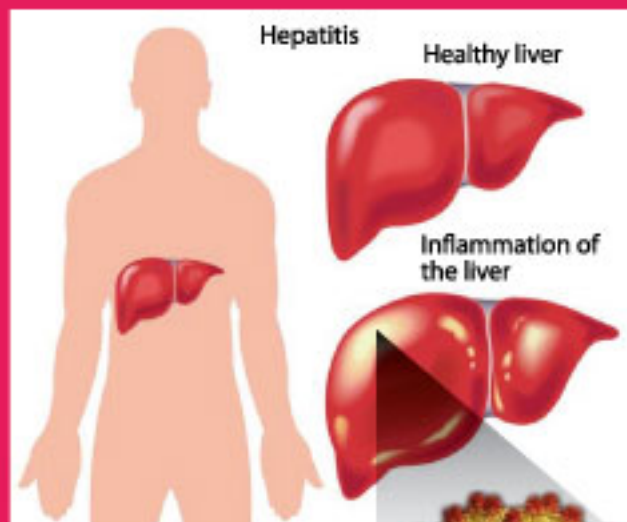


HEPATITIS B



Did YOU know.....

Hepatitis B is an infection caused by hepatitis B virus (HBV) which affects the liver



Once infected, symptoms may be mild or severe. Some recover (acute infection) but others (5%) may develop chronic infection.



ACUTE Infection

Acute Hepatitis B refers to the first 6 months after someone is exposed to the virus.

Symptoms include

- Fever
- Lethargy
- Loss of appetite
- Nausea
- Vomiting
- Abdominal pain
- Jaundice
- Tea - coloured urine
- Clay - coloured stools



CHRONIC Infection

Chronic infection is usually seen in **infants and children**.

It can result in :

- Liver damage
- Liver cirrhosis
- Liver failure
- Liver cancer



Chronic Hepatitis



About 25% chronic Hepatitis patients would develop liver cirrhosis

Liver Cirrhosis



Liver Cancer



3-5% patients with liver cirrhosis would develop liver cancer each year

How does it SPREAD through



- Blood and blood products
- Body fluids/sexual intercourse
- Tattoo
- Sharing of needles
- Infected mother to the child during delivery



It does **NOT SPREAD** by :

- Hugging
- Kissing
- Holding hands
- Breastfeeding
- Sharing of foods and utensils
- Coughing or sneezing



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