

Community Health

Hepatitis B



What is Hepatitis B?

- Hepatitis B is a viral infection caused by Hepatitis B virus
- It results in liver inflammation/ swelling and damage
- Hepatitis B can cause:

Short Term Illness (2 to 6 Months)



Jaundice



Abdominal Pain



Rashes



Fever



Joint Pain

Chronic Infection (More than 6 Months)



Ascites



Swollen Feet



Intestinal Bleeding



Spider Angiomas

How is Hepatitis B Transmitted?

Hepatitis B is spread from direct contact with infected blood or bodily fluid. One can get it from:



Unprotected
Sex



Contaminated
Needle



Direct Contact
with Infected
Blood



Infected
Mum to Her
Newborn
Child



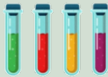
Checklist for Hepatitis B

| | | PLEASE TICK |
|---|---|----------------|
| 1 | I have had a blood transfusion before 1992 | |
| 2 | I am the recipient of a donor organ | |
| 3 | I am an organ, tissue or blood donor | |
| 4 | I live or have lived with a person with hepatitis B | |
| 5 | I have a tattoo or piercing that might have been performed under non-sterile conditions | |
| 6 | I use/have used intravenous / intranasal drugs | |
| 7 | My mother has or had hepatitis B | |
| 8 | I look yellow | |

If you answered 'Yes' to most of the questions, there is a chance that you need to be screened for Hepatitis B!

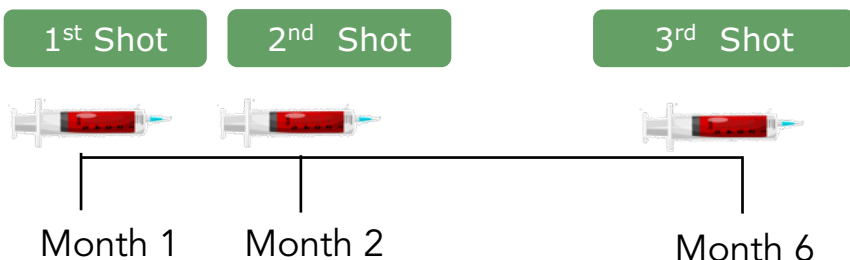
How Do I Know if I Have Hepatitis B?

Testing for Hepatitis B requires a blood test.
These are the possible test results:

| No Immunity No Infection | Immunity to Hepatitis B | Current Infection |
|---|--|--|
|  Get Vaccinated |  Check Antibody Level |  Go for Further Testing |

How Do I Prevent Hepatitis B?

Get Vaccinated! The vaccine is safe, and effective provided you complete all 3 doses:



Management of Hepatitis B

1. Follow Up Regularly with Your Doctor

- Conduct regular blood test and do an ultrasound test of the liver

2. Avoid Drinking Alcohol



3. Eat a Balanced Diet

- Fill half of the plate with fruits and vegetables
- Fill a quarter with wholegrain
- Fill a quarter with meat and others
- Cut down on high fat food and high sugary food and drinks



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