

# ABCs of Hepatitis

**Hepatitis** means inflammation of the liver and is often caused by a virus.

There are **3** common types of viral hepatitis – each caused by a different virus.

## Hep A

- You **CAN** prevent infection with a hep A vaccine.
- You **CAN** get hep A from:
  - Ingesting food or drinks contaminated with infected fecal matter
  - Being in close contact or having sexual contact with an infected person
  - Your body will usually fight off the infection, often with no lasting damage to your liver

**Rx** There is **NO** specific treatment for hep A.

## Hepatitis A (Hep A)

## Hepatitis B (Hep B)

## Hepatitis C (Hep C)

Viral hepatitis infections can be serious diseases - people with hep B or hep C infection can progress to develop chronic liver diseases, including cirrhosis and/or liver cancer.

**Understanding hepatitis starts with knowing your ABCs.**

## Hep B

- You **CAN** prevent infection with a hep B vaccine.
- You **CAN** get hep B from:
  - Being born to an infected mother
  - Having blood-to-blood contact or sexual contact with an infected person
  - Sharing of items contaminated with infectious blood (eg, razors, toothbrushes, needles, syringes)
- You **CANNOT** get hep B from:
  - Sharing food or water
  - Touching, hugging, coughing, or kissing

**Rx** For most patients, hep B **cannot** be cured, but effective treatments are available to reduce the amount of hep B virus in the body and the risk of liver problems.

**Chronic hep B is a silent killer**

Even if you don't feel sick, you can still infect others, and the virus may be active and damaging your liver. Chronic hep B can be lifelong and may cause serious liver damage, including cirrhosis and liver cancer.

## A

**Aware**  
Know your risk factors

## B

**Blood test**  
Take a simple blood test to find out if you have hepatitis

## C

**Communicate**  
Talk to your health care provider about hepatitis

## Hep C

- There is **NO** vaccine available to prevent hep C.
- You **CAN** get hep C from:
  - Being born to an infected mother
  - Having blood-to-blood contact or sexual contact with an infected person
  - Sharing of items contaminated with infectious blood (eg, razors, toothbrushes, needles, syringes)
- You **CANNOT** get hep C from:
  - Sharing food or water
  - Touching, hugging, coughing, or kissing

**Rx** Hep C can be **cured** with available treatments.

**Chronic hep C is a silent killer**

Hep C is a slowly progressing disease, with symptoms that may not appear for years, if at all. Hep C can cause serious liver damage – it is one of the leading causes of liver cancer and liver transplantation in the U.S.

To learn more about how you, your friends, and family can be screened for or manage hep B or hep C, please visit: **HepB.com** and **HepCHope.com**

