

ABC's of Hepatitis

The Facts You Need To Know

Developed by




EDUCATION FOR HEALTHY CHOICES



Sacramento Area Task Force for the Outreach & Prevention of Hepatitis

TODAY YOU'LL FIND OUT...

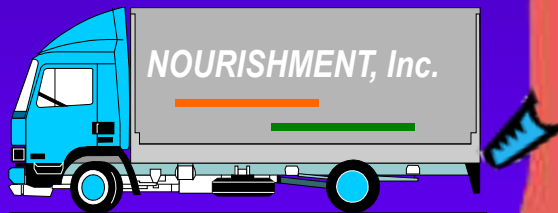
- ◆ What's the big deal about the liver?
- ◆ What is hepatitis? 
- ◆ Common types of viral hepatitis
- ◆ How can I protect myself from viral hepatitis?
- ◆ What can I do to take care of myself?

WHAT'S THE BIG DEAL ABOUT THE LIVER?

Turns food into energy
and sends nourishment
through your body



Stores vitamins & minerals



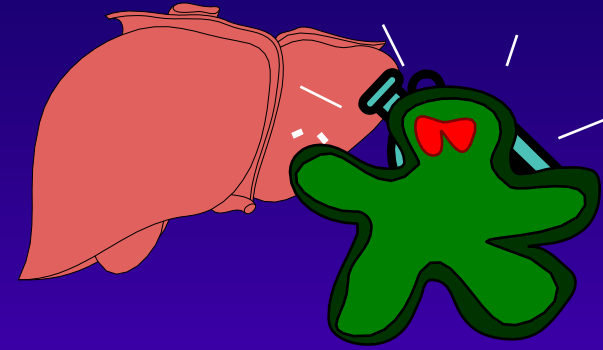
Filters poisons out of
your blood



You can't live
without your liver!

WHAT IS HEPATITIS?

- Hepatitis is... inflammation of the liver
- There are 100 types of hepatitis!



Alcoholic hepatitis is most common

Hepatitis **A**, **B**, **C** are caused by three different viruses
-Can be passed from person-to-person!

- All forms of hepatitis can cause liver swelling, scar tissue, cirrhosis, liver cancer, liver failure, or death (if not treated in time)



Healthy liver



Liver with cirrhosis

THREE KINDS OF VIRAL HEPATITIS...

A

- Spread by swallowing food or liquids contaminated with infected feces (poop)

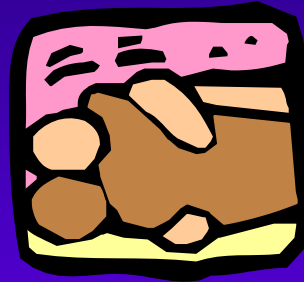


- Most children and many adults don't have symptoms.
- No treatment - goes away by itself in 2-6 months.
- Protect yourself from hepatitis A—
 - Get vaccinated for hepatitis A
 - Wash your hands after using the bathroom!

THREE KINDS OF VIRAL HEPATITIS...

B

- Spread through contact with infected blood, unprotected sex with an infected person, or from infected mom-to-baby



- Most children and many adults don't have symptoms.



100 times more infectious than HIV!!

-Treatment can help people with chronic hep B to stay healthy!

- Protect yourself from hepatitis B—
 - Get vaccinated for hepatitis B
 - Don't touch other people's blood
 - Use condoms every time you have sex!

THREE KINDS OF VIRAL HEPATITIS...

C

- Spread through contact with infected blood



- Most people have no symptoms for many, many years
- Over 50% of people who complete treatment are **CURED!**
- **NO VACCINE** to prevent Hepatitis C infection!
 - Protect yourself by avoiding other people's blood

IS HEPATITIS C REALLY A BIG DEAL?

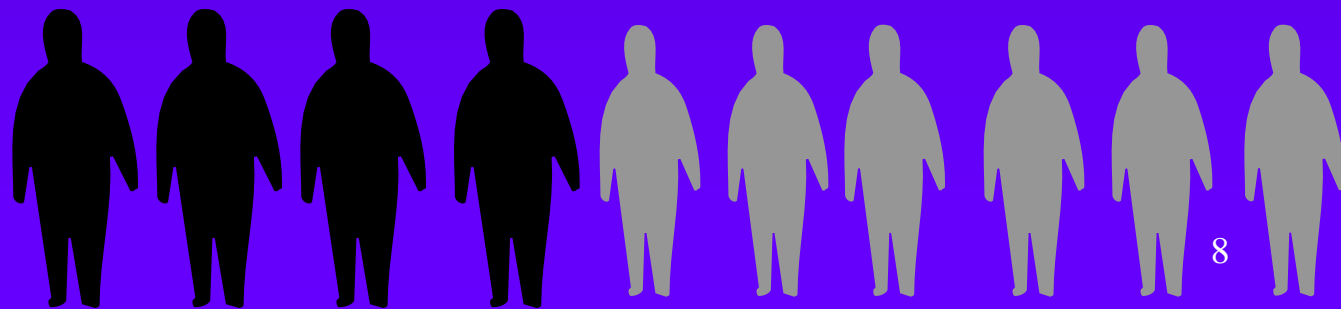
How many people have hepatitis C?

- 4 million in the U.S. (but it could be up to 8 million!)

- Over 22,100 people in Sacramento County have hepatitis C (Arco Arena + 5,000)



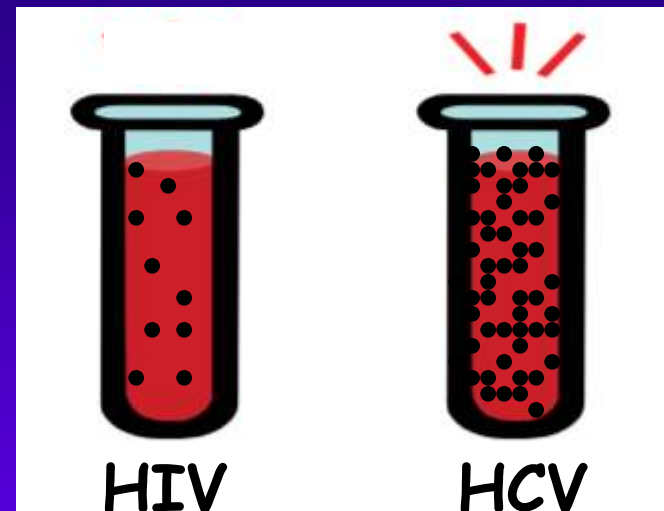
- At least 4 out of every 10 incarcerated people are infected



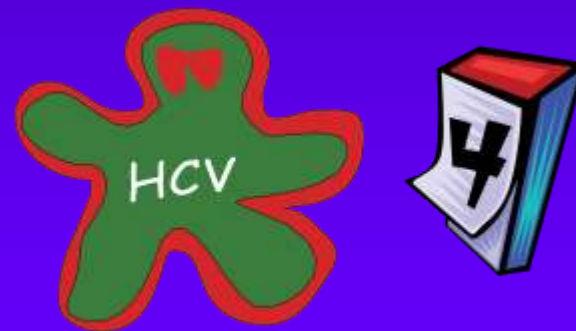
HCV IS 5 TIMES MORE COMMON AND EASIER TO GET THAN HIV!

- HCV is **SUPER** concentrated in blood.

HIV is counted in hundreds, but HCV is counted in millions.



HIV dies once it is in contact with air...

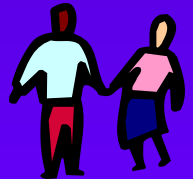


...but hep C can live in dry blood up to 4 days!

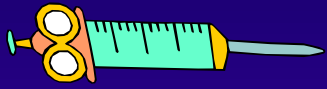
WHO GETS VIRAL HEPATITIS?

IT'S NOT WHO YOU ARE...

IT'S WHAT YOU DO!



WHO DOES HEP C AFFECT THE MOST?



INJECTORS WHO SHARE



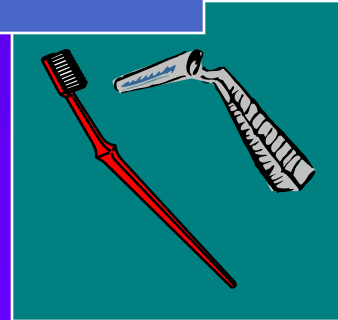
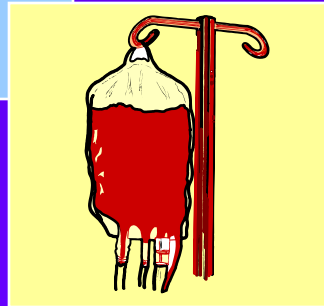
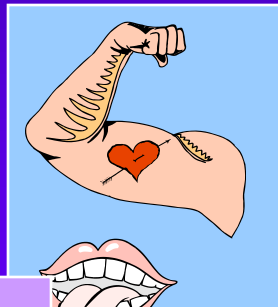
If someone has been an injector for over 1 year... **50% chance HCV+**

If someone has been an injector for over 5 years... **90% chance HCV+**

HOW DO YOU GET HEPATITIS C?

• Hepatitis C is only spread by...

blood-to-blood contact



CAN YOU GET HEPATITIS C THROUGH SEX?

Hepatitis C is NOT passed through semen or vaginal fluids.

HOWEVER...

There is more risk when there is blood present during sex!

(anal sex, sex with a woman on her period, etc.)



Protect yourself by
using a condom



I protect
you from
HIV and
other STDs
too!

WHAT HAPPENS TO PEOPLE WITH HEP C?

- About 25% of people who get hepatitis C will clear the virus on their own.
- Hepatitis C damages your liver slowly and silently.
- If you take care of yourself (avoid alcohol, get vaccinated against hepatitis A & B), you can live with hep C for many years.
- Most people won't need treatment!

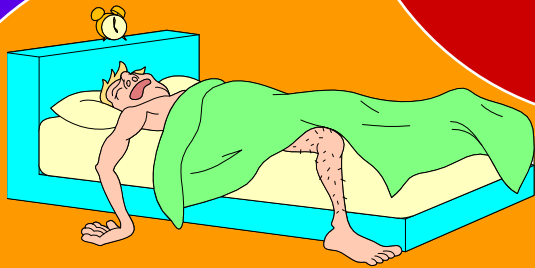


The good news is... Hepatitis can be prevented and treated!!

HOW DOES HEP C AFFECT THE BODY?

Sometimes there are symptoms, often there are not!

Most people don't have symptoms until they've been infected for a long time



Always tired



Brain fog



Fever/flu symptoms



Digestive problems

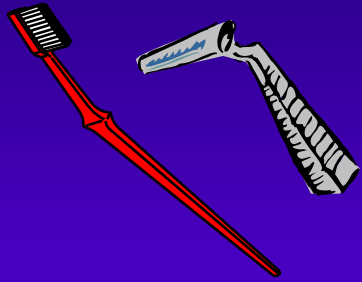
RANK THE RISK FACTOR!

1=HIGH RISK

2=MEDIUM RISK

4=LOW RISK

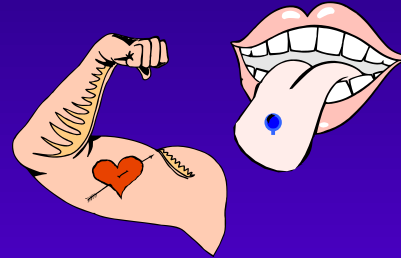
1=?



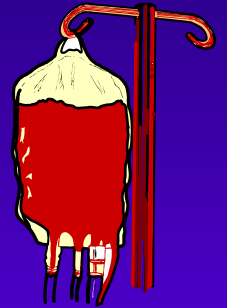
Sharing razors,
toothbrushes, etc.



Sex with a
HCV+ person



Non-professional
tattoo or piercing



Blood product
before 1992



Child born to
HCV+ mother



Vietnam era
military veteran



Hands-on
healthcare



Sharing
works ¹⁷

WHEN YOU TAKE THE ANTIBODY TEST...



If it's NEGATIVE...



You do not have HCV

*take steps to stay negative!

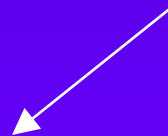


If it's POSITIVE...



You have been exposed
to HCV

get a "viral load test" to
look for live virus



If it's POSITIVE... work with your doctor and discuss
further testing, treatment options

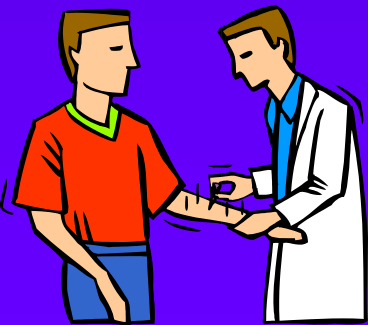
WHAT ABOUT "COMPLEMENTARY MEDICINE?"



"Alternative" or "complementary" treatments do not CURE hep C, but may relieve symptoms or help manage side effects.



Some herbs can be very **toxic** to the liver!



LET YOUR DOCTOR KNOW IF YOU ARE TAKING HERBS OR USING OTHER TREATMENTS!!

IF YOU NEED TREATMENT...

■ Genotype 1

48 weeks or more 40-50% cured

■ Genotype 2 or 3

24 weeks or less 80-90% cured

Most people will have a healthier liver, even if they do not clear the virus completely.

HOW TO PROTECT YOURSELF (and others!)

Don't use or share
injection equipment



Don't touch anyone's
blood or objects
that could have
blood on it



Use bleach to clean
up blood spills ***



Use condoms every time you have sex!

TAKE CARE OF YOURSELF

To keep yourself healthy and feeling well...



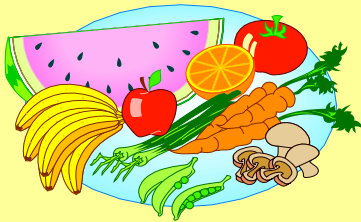
No alcohol!



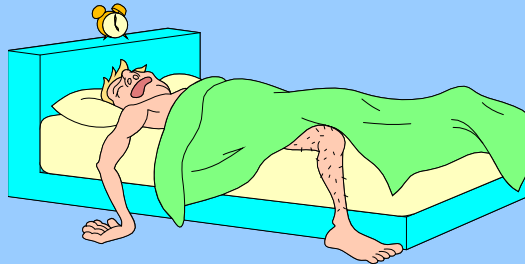
No drugs
(including tobacco!)



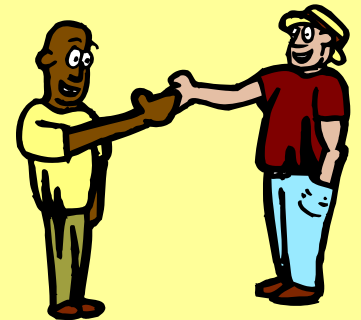
Drink lots of water



Eat lots of fruits and
vegetables



Get plenty of rest



Get support

Even when you're tired moderate exercise will help you feel better

WHAT'S YOUR STATUS?

There's only one way to find out...

GET TESTED!!

For testing and treatment resources, call the

Hepatitis Helpline

(916) 726-7426

For more information about hepatitis, call



American Liver Foundation

1-800-GO-LIVER

Liverfoundation.org

or visit

HCV Advocate

www.hcvadvocate.org

