

Hepatitis B is preventable.

Ask your local health department how to stay healthy. They can provide resources, such as where to get vaccinated, healthcare providers that treat HBV, and more!

Did you know?

There is a vaccine that you and your loved ones can get to protect you against HBV infection. A series of shots over a few months can protect you.

HBV is the leading cause of liver cancer and often there are no symptoms. Get tested!

Other things you can do to not get infected with HBV include: not having unprotected sex, not sharing razors, toothbrushes, nail clippers, needles and syringes, and glucose meters. HBV is mainly spread by blood and body fluids.

Hepatitis B is not just for kids...

For more information, contact:

- Your healthcare provider
- Your local health department
Localhealth.nj.gov
- Federally Qualified Health Center Directory
<https://www.njpca.org/current-members/>
- NJ Department of Health
<https://www.nj.gov/health/cd/topics/hepatitisb.shtml>
- Centers for Disease Control and Prevention (CDC)
<https://www.cdc.gov/hepatitis/hbv/index.htm>

Hepatitis B is not just for kids...

Older adults are at risk of getting hepatitis B infection, too!





"I didn't know much about hepatitis B and didn't think I could get anything like that at my age. I now know how it is spread and got the vaccine to protect myself, my family and any future sexual partners."

What is hepatitis B?

Hepatitis B is an infection caused by a virus found in the blood. It can be spread during sex or through items that may have come in contact with infected blood, such as razors, toothbrushes, nail clippers, needles and syringes, and glucose meters. The hepatitis B virus (HBV) can live on surfaces for up to a week.

What you need to know:

HBV is a disease that is spread through blood and body fluids. It is more common in individuals who are from certain parts of the world. However, anyone who comes into contact with infected blood or body fluids is at risk.

If your partner or someone who lives in your house tests positive for HBV, you should get tested to see if you have the virus. If you don't have the virus, get vaccinated.

Older adults who are sexually active are at risk for getting infected with HBV, especially if they have multiple partners and do not use condoms or other latex barrier protection for oral, anal and vaginal sex. HBV often has no symptoms.

If you, or anyone you live with has HBV make sure to cover open cuts or sores to prevent exposing and infecting others.

How can I protect my family from getting hepatitis B?

HBV can be prevented. A series of the hepatitis B vaccine can protect you and your loved ones from getting the virus. Contact your local health department or healthcare provider for information about where you can get the hepatitis B vaccine. In some cases, you may not have to pay for the shots.

Hepatitis B is **NOT** spread by:

- ❖ Food or water
- ❖ Sneezing or coughing
- ❖ Hugging or kissing
- ❖ Holding hands or cuddling

Reasons to get vaccinated:

- ❖ Protects you and others from getting infected with the HBV.
- ❖ Prevents you from becoming infected and passing the virus to others, especially during unprotected sex.
- ❖ Protects against liver cancer. HBV is the leading cause of liver cancer in the U.S.

Remember:

Everyone who lives in the same home as a person with HBV should know their status and get vaccinated if they are not yet protected.

If your partner has HBV, you should get tested and consider vaccination.

Since sexual contact is the most common way that HBV is passed from one person to another, do not have unprotected sex until you know your status. Use a condom or other latex barrier protection when having sex. This includes oral, anal and vaginal sex.

Even though older women may not be worried about getting pregnant, they should still practice safe sex to prevent HBV and other infections.