



People you live with or are close to should get tested. If they don't have hepatitis B, vaccination can protect them.

The hepatitis B vaccine series recommended for:

- All children from birth to 18
- Adults ages 19–59
- Adults 60+ who are at higher risk or want protection

Most health care plans cover recommended vaccines. Check with your insurance plan or health care provider. Some people may qualify for free or low-cost vaccines through the Vaccines for Children or 317-funded adult program. For more information, scan the QR code for the VFC/317 Provider Search Tool.



For More Information

New Jersey Department of Health
nj.gov/health/vaccines
bit.ly/4drSuKb

Local Health Department
localhealth.nj.gov

Federally Qualified Health Center
bit.ly/4tcesW9

Hepatitis B Foundation
hepb.org

VFC/317 Provider Search Tool
bit.ly/4ncUoSh

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New Jersey Department of Health
Communicable Disease Service
Vaccine Preventable Disease Program

PO Box 369
Trenton, NJ
609-826-4861

Living with hepatitis B



As a Teen or Young Adult





YOU CAN LIVE A NORMAL LIFE WITH HBV, INCLUDING GIVING BIRTH

Talk to your doctor about preventing the spread to your baby.

What is Hepatitis B (HBV)?

- HBV is a liver virus. It can be a short or long-term illness. Often there are no symptoms. If there are, you may feel tired, sick, or have yellow skin or eyes.
- Most people recover, but some develop long-term infection that can harm the liver or cause cancer.

How is it Spread?

HBV spreads through infected blood and body fluids. This includes:

- having unprotected sex
- sharing personal items (e.g., razors, toothbrushes, glucose meters)

An infected person could spread it to their baby during birth.

It does not spread through food, water, coughing, sneezing, or casual contact like hugging or kissing.

How Can I Prevent Spreading it to Others?

- Household members and sexual partners should get tested for HBV. If they don't have the virus, they should get vaccinated to protect themselves from getting HBV.
- If you have a cut or open sore, be sure to cover it so that blood does not infect others
- Have sex with a condom or other latex barrier for protection.
- Don't share personal items.
- If you think you exposed someone (e.g., needle stick, blood contact), seek medical care immediately.

