

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 hepatitis B, and more!

Did you know?

There is a vaccine that your loved ones can get to protect against getting HBV. A series of shots over a few months can protect others from getting HBV.

HBV is the leading cause of liver cancer. It is important to monitor your health, along with your healthcare provider.

Other things you can do to keep others from getting 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.

*Living with
Hepatitis B as
a Young Adult
or Teen*

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>



Living with Hepatitis B as a Young Adult or Teen

You can live a healthy life!





"I have hepatitis B, but I don't want to let it stop me from being me. The more I learned about the disease, the better I can take care of myself...and others."

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.

It is recommended that anyone you live with get tested for HBV. If they don't have the virus, they should get vaccinated. This is to protect them from getting HBV.

Do I need to tell people that I have hepatitis B?

No, you do not need to tell people. However, you should take special care not to share personal items. This means that anything that might come into contact with blood or body fluids should not be shared. HBV can live on surfaces for up to one week.

If you are sexually active, be sure to use a condom or some other form of latex barrier protection. This will protect your partner during oral, anal and vaginal sex. Blood and body fluids such as semen and vaginal fluid, contain HBV. You may want to tell your sexual partners to get vaccinated. This is the best way to protect them from getting infected with HBV.

Hepatitis B is **NOT** spread by:

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

Reasons to get vaccinated:

- ❖ Protects sexual contacts from becoming infected with HBV.
- ❖ Protects those who live in the same home as a person with HBV.

Remember:

You can still live a normal life with HBV, including having a child. Discuss how to prevent mother-to-baby (perinatal) transmission of HBV with your healthcare provider.

If you have a cut or open sore, be sure to cover it so that blood does not infect others.

HBV is the leading cause of liver cancer in the U.S. Monitor your health and report any changes to your healthcare provider.

HBV often has no symptoms.

Acute HBV infection is a new infection (less than 6 months). Chronic infection means being infected for more than 6 months. A blood test can tell you if your body got rid of the virus on its own. Consult your healthcare provider for follow up testing.