

What are the symptoms of hepatitis B?

Most people with hepatitis B feel healthy and totally normal. If you do have symptoms, it's easy to mistake them for another illness, like the flu. So, many people who have hepatitis B don't even know it.

If you have hepatitis B symptoms, they might include:

- Tiredness
- Pain in your belly or joints
- Loss of appetite, nausea, and/or vomiting
- Fever
- Headache
- Dark-colored pee
- Pale or clay-colored poop
- Yellow eyes or skin

Is there a cure for hepatitis B?

No - there is no cure for hepatitis B. The good news is that hepatitis B may go away on its own.

Most adults who get hepatitis B totally recover. However, about 1 in 20 people become "carriers" of hepatitis B – who have a life-long infection that can be spread to others. This infection may also lead to serious liver diseases and death. Fortunately, there are medicines that can help treat hepatitis B infections.

Treatment for hepatitis B

Hepatitis B usually goes away on its own for most adults, and treatment is not needed. Your doctor might tell you to rest, eat well, and get plenty of fluids. They may also give you medicine to help with any symptoms.

If you have life-long infection, there are medicines you can take. Your doctor will tell you about your options.

Testing is easy and treatment is available! For peace of mind, talk with your provider or local Tribal health facility for more information about testing and treatment resources near you.



Source:
Parenthood, P. (n.d.). What is hepatitis B & how do you get it? Planned Parenthood. Retrieved January 9, 2023, from <https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/hepatitis-b>

HEPATITIS B

*Hepatitis B is an infection that can cause liver disease.
It can be spread through sex.*



What is hepatitis B?

Hepatitis B is an infection that can cause liver disease. It can be spread through sex. Hepatitis B is an infection that can cause liver disease. It can be spread through sex. Hepatitis B is a serious liver infection caused by the hepatitis B virus (HBV). For most people, hepatitis B is short-term, also called acute, and lasts less than six months. But for others, the infection becomes chronic, meaning it lasts more than six months. Having chronic hepatitis B increases your risk of developing liver failure, liver cancer, or cirrhosis — a condition that permanently scars the liver. You can protect yourself by having safer sex and getting the hepatitis B vaccine.

How does hepatitis B spread?

Hepatitis B spreads through semen (cum), pre-cum, vaginal fluids, and blood. You can get it from:

- Having sex – including vaginal, anal, and/or oral sex
- Sharing toothbrushes and razors (blood can be on them)
- Sharing needles and tools for piercings, tattoos, or injecting drugs

Pregnancy and hepatitis B

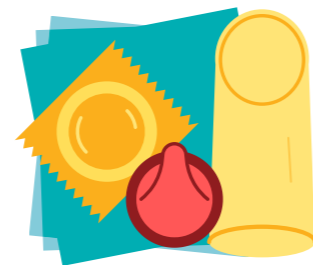
If you are pregnant and have hepatitis B, you can pass it to your baby during birth. This can cause serious life-long health problems for your baby . unless they get treated right away. That's why it's important for pregnant people to get tested for hepatitis B.

Everyday contact does NOT spread hepatitis B

You CAN'T get hepatitis B through everyday contact with others, including:

- Holding hands or hugging
- Coughing or sneezing
- Sitting on toilet seats
- Swimming in public pools, or
- Sharing food or drinks

Hepatitis B is also NOT spread through breastfeeding.



Are you at risk for hepatitis B?

Anyone who is sexually active can get hepatitis B through vaginal, anal, and/or oral sex.

How can I prevent getting hepatitis B?

Hepatitis B is spread through semen (cum), pre-cum, vaginal fluids, and blood. So, practicing safer sex is important – whether you are having oral, anal, or vaginal sex. You can also protect yourself by getting the hepatitis B vaccine series, as it takes multiple doses to achieve immunity.

Are there other types of hepatitis?

The most common kinds of hepatitis are hepatitis A, hepatitis B, and hepatitis C. Hepatitis B is the kind that is most likely spread through sex.

Getting tested

Testing for hepatitis B often involves a quick blood test. It may take up to two months after infection for the test to be accurate — but if you're not feeling well, don't wait to see a doctor or nurse.

Luckily, hepatitis B testing is usually quick and easy. To get tested contact your local Tribal clinic, IHS facility, or visit a local clinic.

Who should get the hepatitis B vaccine?

Most babies get the hepatitis B vaccine as a regular part of their checkups. Hepatitis B is SUPER contagious. You can easily get it through unprotected sex or contact with blood or urine. Sometimes, even if you were vaccinated as a child you may naturally lose immunity as you get older and may need to get re-vaccinated. So, if you've had the vaccine or not, talk to your doctor about getting it.

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