



## How can you not spread HBV?

You cannot spread HBV by:

- ☛ Sneezing or coughing,
- ☛ Kissing or hugging,
- ☛ Breastfeeding,
- ☛ Food or water,
- ☛ Sharing eating utensils or drinking glasses, or
- ☛ Casual contact (such as an office setting)

YOU SHOULD NOT BE EXCLUDED FROM WORK, SCHOOL, OR OTHER DAILY ACTIVITIES BECAUSE YOU HAVE HEPATITIS B.

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## What should you know about keeping others from getting infected with hepatitis B?

- ☛ Proper use of a latex condom every time you have sex may reduce the risk of exposure,
- ☛ Cover your cuts and open sores,
- ☛ Do not share anything that might have blood on it, such as a toothbrush or razor,
- ☛ Do not donate your blood, body organs, other tissues or sperm, and
- ☛ Clean blood spills with a mixture of 1 part household bleach to 9 parts cold water.

Source: Centers for Disease Control and Prevention (CDC).

## Local Resources

For information on Hepatitis B visit our website at:

<http://www.tulsa-health.org/community-health/epidemiology/>

or write:

Tulsa Health Department  
Planning & Epidemiology  
5051 S. 129th E. Ave.  
Tulsa, OK 74134

Other Contact Information:

Phone: 918/595-4505

Fax: 918/595-4588

E-mail: [epidemiology@tulsa-health.org](mailto:epidemiology@tulsa-health.org)

### For additional information on viral Hepatitis, visit:

- HCV Advocate  
[www.hcvadvocate.org](http://www.hcvadvocate.org)
- Oklahoma State Department of Health  
(405) 271-4636  
[www.state.health.ok.us](http://www.state.health.ok.us)
- Centers for Disease Control and Prevention  
(888) 443-7232  
[www.cdc.gov/ncidod/diseases/hepatitis](http://www.cdc.gov/ncidod/diseases/hepatitis)

Contact the THD Immunizations Department at 918-582-9355 for information on how you can get vaccinated.



**TULSA HEALTH  
DEPARTMENT**

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# Hepatitis B

Hepatitis B is a serious disease. Each year, thousands of people of all ages get hepatitis B and about 5,000 die of chronic (life-long) liver problems caused by hepatitis B infection. A person who has had other types of hepatitis, such as hepatitis A or hepatitis C, can still get hepatitis B.

**TULSA HEALTH DEPARTMENT**

HEALTHY CHOICES. HEALTHY PEOPLE. HEALTHY COMMUNITY.



# Hepatitis B



## Who is at risk?

- ☛ Infants born to an infected mother,
- ☛ Persons who have sex with an infected person or multiple partners,
- ☛ IV drug users,
- ☛ Emergency responders and healthcare workers,
- ☛ Homosexual men, or
- ☛ Patients with kidney disease who are required to undergo blood filtration (hemodialysis).

## What if I am pregnant?

Your baby can get infected with HBV during birth, but this can be prevented.



- ☛ Make sure that your baby gets a shot called hepatitis B immune globulin (HBIG) and the first dose of hepatitis B vaccine within 12 hours of birth,
- ☛ Ask your doctor when your baby should get the next doses of hepatitis B vaccine, and
- ☛ Your baby should get a blood test after the vaccine series is completed to be sure he or she is protected.

**It is okay for you to breastfeed your baby. Be sure to take care of your nipple to prevent cracking and bleeding.**

## How is hepatitis B spread?

HBV is spread by exposure to blood or body fluids from an infected person. You may have been infected if:

- ☛ your mother was infected with hepatitis B when you were born,
- ☛ you had sex with an infected person,
- ☛ you lived with an infected person,
- ☛ you shot street drugs or shared objects contaminated with blood, or
- ☛ you are a healthcare worker and exposed to infected blood at work.

## How do you know if you have hepatitis B?

Only a blood test can tell for certain. See your doctor if you have symptoms of hepatitis B, such as:

- ☛ Extreme tiredness,
- ☛ Loss of appetite,
- ☛ Joint pain,
- ☛ Yellow skin or eyes,
- ☛ Dark tea-colored urine, or
- ☛ If you think you have had direct contact with someone who has hepatitis B.



Yellow Eyes

## How soon do symptoms appear?

Some individuals who are ill with hepatitis B do not have symptoms.

For those that do, symptoms can appear anywhere from 45 to 180 days, however, the average incubation period is 8 to 12 weeks.

- ☛ 9 out of every 10 adults will get rid of the virus from their bodies after a few months. We say they have acute hepatitis B.
- ☛ 1 out of every 10 adults will never get rid of the virus from their bodies. They are said to have chronic hepatitis B.

## Is there a treatment for hepatitis B?

There are medicines that might lower your chance of getting severe liver disease.

Check with your doctor to find out if medicines might help you.

## How can I prevent getting hepatitis B?

- ☛ Get vaccinated!!
- ☛ Practice safer sex.
- ☛ Do not share anything that might have blood on it. This includes drugs, needles, razors or toothbrushes.
- ☛ Handle needles and sharp items safely.