

Your Liver Health

Your liver works hard to filter EVERYTHING that comes into your body. This includes the food you eat, anything you drink, medication you take and even toxins you may breathe or absorb through the skin.

Protect Yourself from Getting Viral Hepatitis

- Avoid blood and body fluids
- Practice safe sex
- Avoid sharing needles to shoot drugs or any other drug equipment
- Avoid sharing any other items that may have blood or body fluid on them

Get the Hepatitis B Vaccine

- If you are at risk of getting hepatitis
- As part of routine vaccines
- To be safe from getting HAV or HBV

Talk to your doctor or health care provider about getting the hepatitis B vaccine.

For More Information

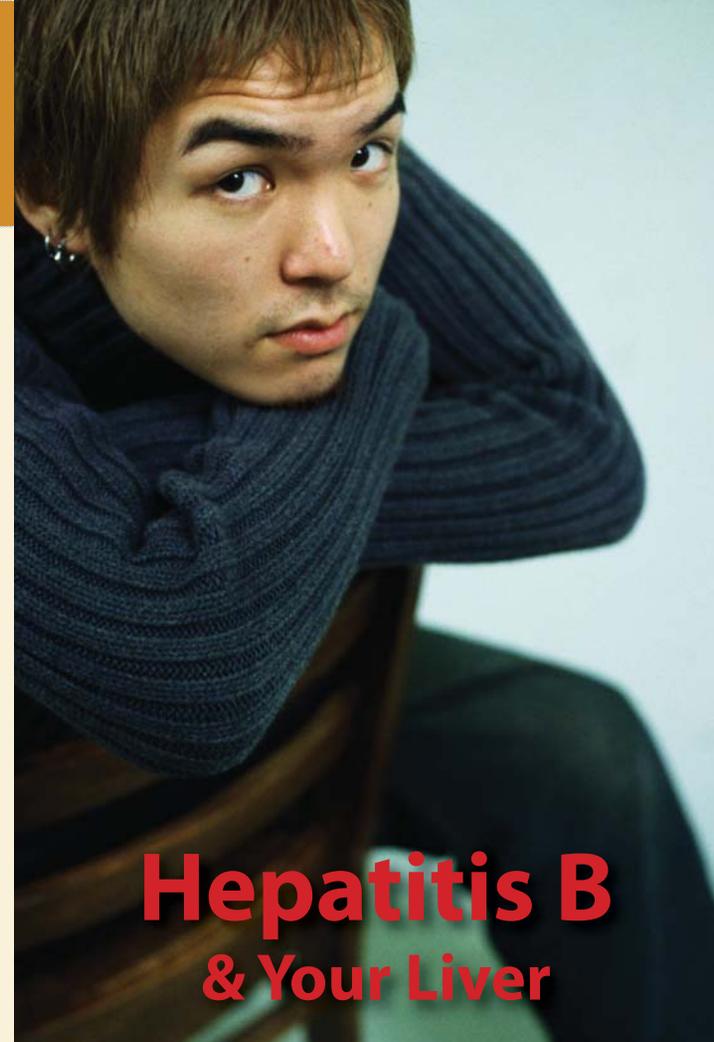
Call your health care provider, your local health department or visit:
www.health.mo.gov

More information available at:
www.hbvadvocate.org
www.cdc.gov/hepatitis



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Section for Disease Prevention
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Hepatitis B & Your Liver

What You Need To Know

Missouri Department of Health
and Senior Services

Hepatitis B



Talk to your doctor or nurse about what blood tests you need.

Hepatitis B Virus (HBV)

- Is spread by contact with blood or body fluids
- Can live outside the body for up to seven days
- Infects an estimated 40,000 people in U.S. each year
- An estimated 1.2 million people in U.S. have HBV and will have it for the rest of their lives

- Most people do not have signs of disease and may not have symptoms until decades after infection
- Can cause liver cancer

- Contributes to an estimated 600,000 deaths each year worldwide
- Is 50-100 times more infectious than the Human Immunodeficiency Virus (HIV)



“Hepatitis” means inflammation of the liver. Viral hepatitis is caused by a virus that infects the liver and can be spread to others. Hepatitis B (HBV) can lead to severe illness, liver disease or even death.

People with signs of hepatitis may:

- Feel tired all the time
- Have a fever
- Have aching muscles or joints
- Have an upset stomach or throw up
- Have stomach pain
- Have diarrhea
- Have jaundice (yellowing of the skin or eyes)
- Have dark urine
- Have light-colored stools
- Not feel hungry

The only way for you to know if you have hepatitis B is to get a blood test.

You may be at risk of getting HBV if you:

- Come in contact with infected blood or body fluids
- Share items that may have blood on them (toothbrushes, razors, nail clippers and any equipment used for ear piercing, body piercing or tattooing)
- Live with someone who has the virus
- Have unprotected sex with a partner whose infection status is unknown or with someone who has the virus
- Share needles to shoot drugs or share “works”
- Are born to a mother with the virus

Treatment

If you are infected there are treatment options. Talk to your health care provider.

**Hepatitis B
can be prevented.
Get yourself
vaccinated.**