

A close-up photograph of two men's faces. The man on the left is looking directly at the camera with a neutral expression. The man on the right is looking down and to the left, with his eyes closed. The lighting is soft and natural, highlighting their skin tones and facial features. The text is overlaid on the image in a clean, white, sans-serif font.

**protect** yourself

from **hepatitis**



# Spread the Word

The Centers for Disease Control and Prevention (CDC) recommends men who have sex with men be vaccinated against hepatitis A and hepatitis B.

## Hepatitis Facts

There are three main types of hepatitis

### Hepatitis A

- Hepatitis A is a liver disease caused by the hepatitis A virus (HAV).
- HAV is spread by consuming food or water that has been contaminated due to mishandling. It can also be spread during sex through anal intercourse and rimming.
- There is no chronic (long-term) infection with HAV.
- Once a person recovers from HAV infection they can not get it again.
- There is a vaccine available to prevent infection with HAV.





## Hepatitis B

- Hepatitis B is a serious disease caused by the hepatitis B virus (HBV) that attacks the liver and can be spread to others.
- HBV is spread by contact with the blood of an infected person or by having sex with an infected person.
- Some people who get HBV stay infected for life and can spread HBV to others.
- There is a vaccine available to prevent infection with HBV.

## Hepatitis C

- Hepatitis C is a liver disease caused by infection with the hepatitis C virus (HCV).
- HCV is spread by contact with infected blood. It can also be spread by sex, but this does not happen very often.
- Most persons who get hepatitis C carry the virus for the rest of their lives. Most of these persons have some liver damage, but many do not feel sick.
- Some persons may develop cirrhosis (scarring) of the liver and liver failure, which may take many years to develop.
- There is NO vaccine to prevent infection with HCV.

A blue-tinted photograph showing a person's arm with a tattoo and a hand with a bandana. The tattoo is a black, stylized, swirling design on the forearm. The hand is wearing a black and white patterned bandana. The person is wearing a white tank top. The background is dark. The text "worried about hepatitis?" is overlaid in white.

worried about hepatitis?



## who is at risk?

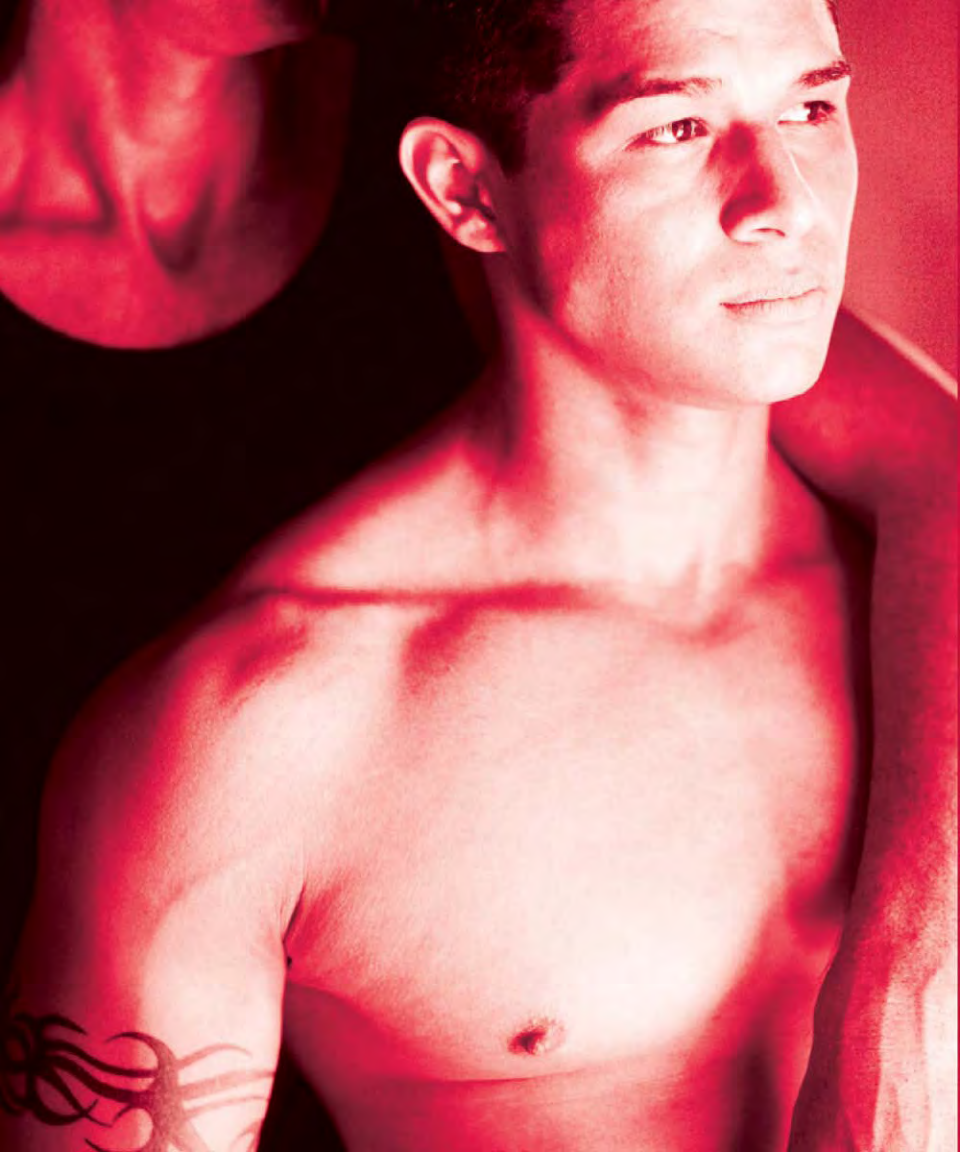
| Hepatitis A  | Hepatitis B                      | Hepatitis C  |
|--|----------------------------------|--|
| Men who have sex with men                                  | Men who have sex with men        | Persons who ever injected drugs                                |
| Household contacts of infected persons                     | Sex contacts of infected persons | Persons who were ever on long-term kidney dialysis             |
| Injection and non-injection drug users                     | Injection drug users             | Recipients of blood transfusions or blood products before 1992 |
| Persons traveling to countries where hepatitis A is common |                                  |  |

## what if you don't feel sick?

Many people who are infected with hepatitis will have no symptoms.

If symptoms do occur they are the same for all types of hepatitis.

- Yellowing of skin & eyes (jaundice)
- Chronic fatigue
- Abdominal pain & bloating
- Nausea, loss of appetite
- Diarrhea
- Vomiting & fever





## **Don't gamble away your future. What you do now could save your life.**

- Get vaccinated against hepatitis A and hepatitis B.
- Limit the number of your sex partners.
- Use condoms and dental dams (latex barriers for oral sex) correctly every time you have sex.
- Wash your hands frequently with soap and water, especially after fingering, rimming or penetrating your partner.
- Don't share items that may have blood on them such as needles, tooth brushes or razors.
- If you have hepatitis, the risk of serious liver damage increases significantly if you continue to drink. You should not drink alcohol.
- *Having hepatitis and HIV is a challenging combination and can influence treatment decisions including appropriate medications for HIV/AIDS.*



## For more information about hepatitis:

- Ask your doctor \_\_\_\_\_
- Contact your local health department \_\_\_\_\_
- Call the National STD Hotline at 1-800 227-8922
- Visit [www.cdc.gov/hepatitis](http://www.cdc.gov/hepatitis)



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