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 cannot 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.
worried about hepatitis?
### who is at risk?

<table>
<thead>
<tr>
<th>Hepatitis A</th>
<th>Hepatitis B</th>
<th>Hepatitis C</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Men who have sex with men</strong></td>
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<td><strong>Persons who ever injected drugs</strong></td>
</tr>
<tr>
<td>Household contacts of infected persons</td>
<td><strong>Sex contacts of infected persons</strong></td>
<td><strong>Persons who were ever on long-term kidney dialysis</strong></td>
</tr>
<tr>
<td>Injection and non-injection drug users</td>
<td><strong>Injection drug users</strong></td>
<td><strong>Recipients of blood transfusions or blood products before 1992</strong></td>
</tr>
<tr>
<td>Persons traveling to countries where hepatitis A is common</td>
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</tbody>
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### 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