

Hepatitis B is preventable.

Ask your local health department how to stay healthy. They can provide resources, such as where to get vaccinated, healthcare providers that treat hepatitis B, and more!

Did you know?

There is a vaccine that you and your loved ones can get to protect you against HBV infection. A series of shots over a few months can protect you.

HBV is the leading cause of liver cancer and often there are no symptoms. Get tested!

Other things you can do to not get infected with HBV include: not having unprotected sex, not sharing razors, toothbrushes, nail clippers, needles and syringes, and glucose meters. HBV is mainly spread by blood and body fluids.

My partner told me they have Hepatitis B...

For more information, contact:

- Your healthcare provider
- Your local health department
Localhealth.nj.gov
- Federally Qualified Health Center Directory
<https://www.njpca.org/current-members/>
- NJ Department of Health
<https://www.nj.gov/health/cd/topics/hepatitisb.shtml>
- Centers for Disease Control and Prevention (CDC)
<https://www.cdc.gov/hepatitis/hbv/index.htm>



My partner told me they have Hepatitis B...





“That isn’t a conversation that I ever dreamed having with my partner. I am glad I know more about the disease and how to protect myself.”

What is hepatitis B?

Hepatitis B is an infection caused by a virus found in the blood. It can be spread during sex or through items that may have come in contact with infected blood, such as razors, toothbrushes, nail clippers, needles and syringes, and glucose meters. The hepatitis B virus (HBV) can live on surfaces for up to a week.

What you need to know:

HBV is a disease that is spread through blood and body fluids.

HBV is more common in individuals who are from certain parts of the world. However, anyone who comes into contact with infected blood or body fluids is at risk. HBV is preventable.

If your partner or someone who lives in your home tests positive for HBV, you should get tested to see if you have the virus, and if not get vaccinated. It is the

best way to stay healthy. A blood test is the only way to know if you have HBV.

HBV often has no symptoms. Getting tested is the only way to know if you have HBV.

How can I protect myself?

HBV can be prevented. A series of the hepatitis B vaccine can protect you and your loved ones from getting the virus. Contact your local health department or healthcare provider for information about where you can get the hepatitis B vaccine. In some cases, you may not have to pay for the shots.

If you are sexually active, get tested and do not have unprotected sex. Use condoms or other latex barrier protection for oral, anal and vaginal sex.

Hepatitis B is **NOT** spread by:

- ❖ Food or water
- ❖ Sneezing or coughing
- ❖ Hugging or kissing
- ❖ Holding hands or cuddling

Reasons to get vaccinated:

- ❖ Protects you and others from getting infected with HBV.
- ❖ Protects against liver cancer. HBV is the leading cause of liver cancer in the U.S.

Remember:

Everyone who lives in the same home as a person with HBV should know their status and get vaccinated if they are not yet protected.

If your partner has HBV, you should get tested and consider vaccination.

Since sexual contact is the most common way that the HBV is passed from one person to another, do not have unprotected sex until you know your status.

If you are pregnant or thinking about becoming pregnant, talk to your health care provider about getting tested and vaccinated. HBV can be passed from the mother to baby (perinatal).

If you, or anyone you live with has HBV make sure to cover open cuts or sores to prevent exposing and infecting others.