
HEPATITIS B

KOMELELE KO

Wawen kōjerbale tōl in

Ñe emōj kwalok ke kwojnañinmej hepatitis B, **kwojjab māke iam**. Ilo mol, eitín 1 ilo 3 armij ilo lalin renij bōk nañinmej in hepatitis B baerōj ilo mour eo aer. Jejella ilo aer roñ ke rej bōk nañinmej in hepatitis B emaroñ in kaipokpok, kamijak, im kōmman inepata. Jej pād ñan jibañ. Jej kejatdikdik ke tōl in enij jibañ uak jot ian kajitok ko am im jibañ eok ilo am lale ejmour ilo nañinmej in hepatitis B.



Melele nañinmej
eo am



Būkot kein
jibañ ko



Bukot lale im
rojāñ jān ro jot

**Wawen
kōjerbale
tōl in?**



Rojāñ ro jot bwe
ren bōk teej



Bōk uak ñan
kajitok ko am

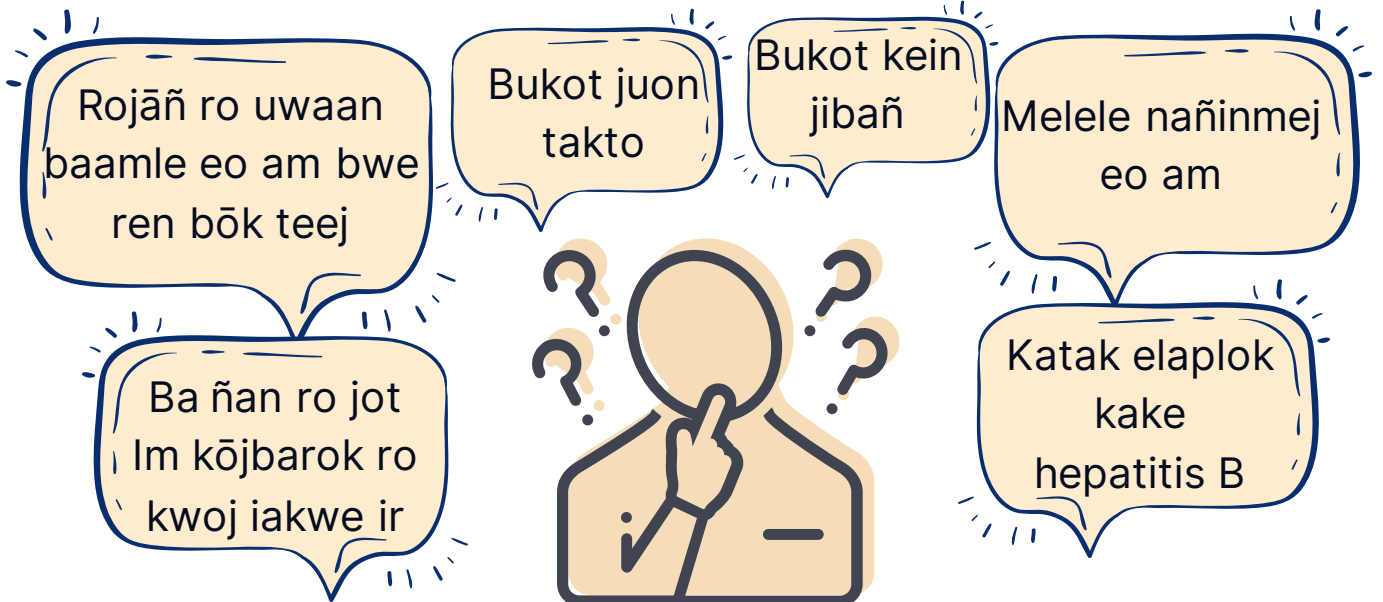


Melele kelet
ikijen uno

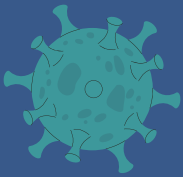
EJ KAB MŌJ KWALOK TOK KE IJ

NAÑINMEJ

Hepatitis B - Ta eo ij kommene kio?



Melele Nañinmej eo Am



Jella ñe hepatitis B nañinmej eo am ej diik ako lap enij jibañ eok im takto eo am jella buñtōñ ko ñan bōk. Ien eo juon armij ej bōk nañinmej in hep B, ej lōmnak juon nañinmej ediik. Eloñ rūtto ro eman ejmour ko aer im jidik wōt aer bōk nañinmej im rej maroñ mōke mour jān baeroj eo. Ñe kwoj wonmanlōk wōt ilo an alikkar teej ko am hepatitis B elikin 6 months ej juon nañinmej elap.



Bukot juon Hepatitis B Takto



Ñe emōj kwalok ke hep B eo ewōr an kauwōtata, aurok in bukot juon takto elap jelalakjān ikijen lale aj. Hepatitis B Foundation ewōr an laajrak in takto ro rej jeral ikijen lale aj im epāake eok.



Kōjbarok ro kwoj iakwe ir



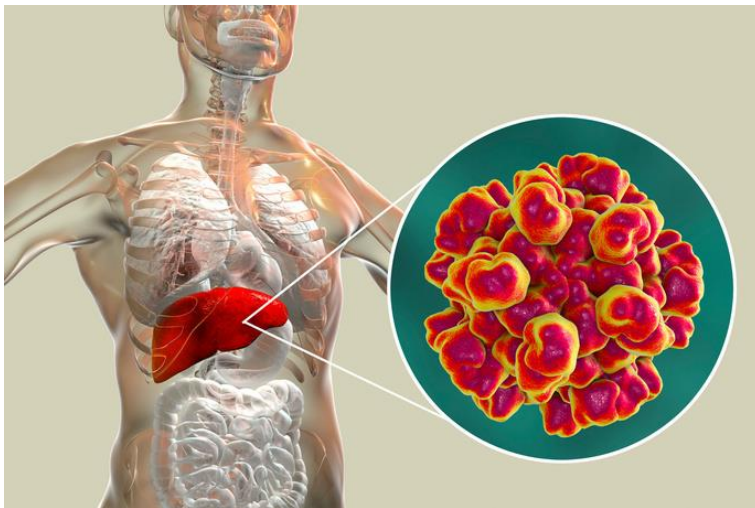
Hepatitis B emaroñ in ajeeded ñan ro jot ilo bōtōktōk im im ilo enbwin. Ewōr juon wā eman an jeral im ej kōjbarok ñan jibañ ro kwoj iakwe ir jān bōk hep B.



Hepatitis B- Ta in?

Ta eo ej kōmmane?

Hep B ej nañinmej in aj eo elap ilo lalin. Epāāk **300 million** armij rej mour ilo an wōr aer nañinmej in hep B eo elap ilo pelakin lalin.



Juon baeroj ej jelot armij ilo an depdep ippān cell ko im rube jikin cell ako membrane.

Kōmlele ko an baeroj eo rej delōñ ilowaan cell eo an armij eo.

Baeroj eo ej jelot mijin eo an cell, im kōmman bwe en kōmmane kape im walok baeroj eo.

Ewi wawen an ajeeded?



Ippān doon an jinen im nejnin



Ion doon ilo ejelok kein kōjbarok



Jān kōjerbale wā



Wā ko rejjab kōjbarok im jekjek ko jot ikijen takto



Bōtōktōk ko emōj aer joraan im dān

Elaplok
Jibañ



Uak Riab ko...



Hep B ej ke ajeeded ilo
ad jimor moña ilo juon
wöt keno, bol, kein jibuun
ako alal in moña?



Hep B EJJAB ajeeded ilo an
juon wöt keno, ako moña ko
emōj an bojjak jān juon armij
ej nañinmej in hep B.

A

HepB ej ke ajeeded jān
dān ko enbwinnim?



Hep B EJJAB ajeeded ilo
umaa, bokaj, jibwe pein
doon, menokadu, ako
kapilo.

A

Ij ke maroñ pälele ako
päd ilo juon jemdoon ilo
ao bök nañinmej in hep
B?



AET! Armij ro ewör aer
nañinmej in hep B rej
maroñ in pälelele & wör
nejier.

A

Emaroñ ke wör neju ako
ejjab nañinmej in hep B?



Aet. lale wör bwe ajiri eo en
bök HepB wā in lötak ilowaan
24 awa eikkin an lötak innem
kadede lak am bök wā ko.

A

Ewi wawen ao jab lelak
Hep B ñan armij eo ij pād
ippān?



Kajitok ippān armij eo bwe en teej
ñan hep B, ñe ejjab alikkar,
kōjerbale kōjbarok (condom ko)
ñan ñe ededelak wā!

A

MOUR KIN HEPATITIS B: KŌJBAROK EJMOUR!

KAMŌNŌ AJ EO AM!

Kwar ke jella? Aolep kain kwoj moña, idaaq, menono ako bōk ilo kilim ej etal erre jān aj eo am. Enin ej jot kein jibañ bwe en eman lak an aj eo am pād.

ETAL WŌT

Karok ien am loe lak ippān jikin takto eo am ñan kōjbarok eok im aj eo am.

BŌK WA!

Bōk Hepatitis A wā ñan kōjbarok eok māke jān juon bar baeroj im ej irre ippān aj eo am..

KADIKLAK KO AKO KŌBAATAT

Jab idaaq arkool im kōbaatat ilo kejro im enij jōr ñan bwe en metak aj eo am



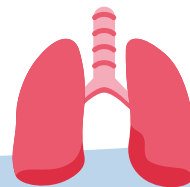
LALE UNO KO REJ EDDEK

Ba ñan jikin takto eo am kake uno ko ako vitamin im kwoj bōk jokdoon emaroñ jelet hep B uno ako kakure aj eo am.



LIKIN RI KAUNO KEO AM

Ba ñan takto eo am kake uno ko kwoj bōk (jokdoon ñe kwoj wia) kinke eloñ uno ko rej deloñ ilo aj eo am. Kememej in bōk uno ko ekkar ñan awa ko!



EMAN AM EMENONO

Jab pād turin uno, kein jolok uno, glue, kein karreo ko, kein jolok uno jān peim ako neum, im men ko jot im remaroñ in kakure aj eo am.

LALE AM MOÑĀ

Kalaplok am moña leen wojke, moña ko ewōr vitamin ie, ek, jelele ko ejelok kūrrij, im ELAP bejitapol elaptata cabbage, broccoli, im cauliflower.



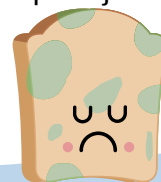
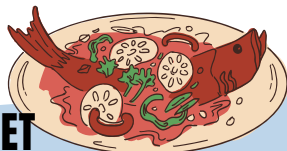
KADIKLAK JUKWA IM KŪRIIJ

Lale joñan moña im dādn ko rej koba ippān jukwa (āinwot cola, juuj, & moña in kakajur ko) kuriij (āinwot jelele ko elap aer joraan, & moña ko rejjab eman).



KAMATE MOÑĀ IN LOJET

Jab moña ukood ako jañin kamat ek (āinwot kakur, mussel, jidul, im scallop) im emaroñ etoon kake (vibrio vulnificus) im ej kōmman joraan.



EJELOK JŌRAAN, JOUJ!

Lale ñe ewor jōraan ilo nut ko, elaptata ñe ekar tutu im jab bar kwon an kilōk jān jot jōraan (āinwotaflatoxins) rej kauwōtata ñan cancer in ār.

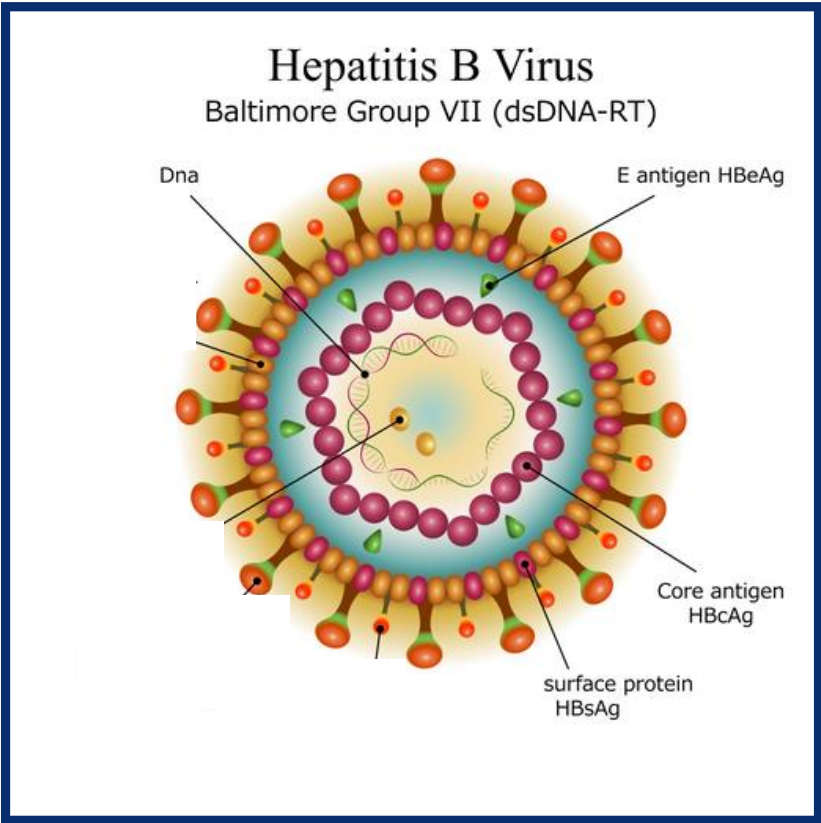
PĀD WOT MWEŌ IMŌM

Kadiklak inepata ko am ilo am moña men ko rej eman, ekjojij, im buul kakije.



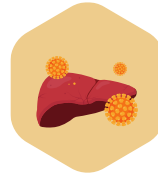
Elaplok kein jibañ





Quantitative Hepatitis B Surface Antigen/qHBsAg

Teej in bōtōktōk in ej lale joñan hepatitis B antigen ilo bōtōktōk ippān HBV DNA test, qHBsAg emaroñ lelak ñan takto in aj eo elaplok jella kake nañinmej in HBV. Emaroñ in bar jermal ñan lale im waaje uak ñan uno eo.



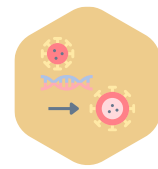
E antigen aka HBeAg:

Juon teej eo ejjab alikkar ej melelein ke vaeroj eo emaroñ in jab eman ilo an pād ilo aj. Ilo kadu, juon armij ej lōmnak lukkun nañinmej ñe enij alikkar teej in, im diiklak an jermal ñe teej eo ejjab alikkar.



HBsAg (Hepatitis B antigen)

Juon “alikkar” ako emourur “uak” ej melelein armij eo ej nañinmej in hepatitis B. Teej in emaroñ loe an wōr hepatitis B baeroj (etan “surface antigen”) ilo bōtōktōk eo am..



HBV DNA

Teej in ej lale joñan hepatitis B DNA ilo bōtōktōk, im ej kwalok an baeroj eo kape.

Melele hepatitis B teej in bōtōktōk alikkar emaroñ in ben. Aurok in kōnaan ippān tatko eo am bwe en eman am melele alikkar in teej eo am im jekjek in hepatitis B. Pepa in emaroñ jibañ eok melele im uak kajitok kin melelein bōtōktōk eo am ñe kwoj nañinmej, kōjbarok ako pād ilo kauwōtata ñan hepatitis B. Lale bwe kwon kajitok juon kepa emōj an būriin in jabdewōt teej in bōtōktōk bwe kwon melele alikkar ko am.



Lale Hepatitis B

Ñe ewōr am nañinmej in hep B elap, jikin takto eo ej aikuj in lale hep B nañinmej im ejmour eo an aj eo am **ilo am beddo etal aolep 3 ñan 6 months, kōjerbale teej kein ilal:**

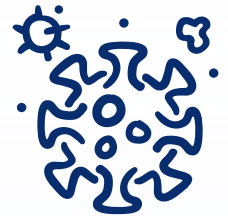


- ✓ Teej in enbwinnim
- ✓ Teej in bōtōktōk ñan aj
- ✓ Teej in bōtōktōk ñan jermal in aj
- ✓ Teej in bōtōktōk ñan cancer in aj
- ✓ Teej in bōtōktōk ñan hepatitis B kakōlle
- ✓ Dedelak in Bwinbwin
- ✓ Bōtōktōk (CBC)
- ✓ Ekatak kin aj



Lale Aj

Teej in bōtōktōk kein rej lale joñan jōraan ilo aj ej kōmman jān hepatitis B baeroj. Ñe aj eo ej jōraan, emaroñ in etal ñan ial in bōtōkt eo. Ñe elaplok nōmba, elaplok an maroñ jōraan aj eo am.



Alanine Aminotransferase (ALT or SGPT)

Emōj lukkunlale nañinmej in hepatitis B im loe ke ej pād ilo aj. Teej in ej eman ilo kelet ñe juon armij enij bōk jibañ jān uno ako ñan etaale jōñan eman an juon armij uak ñan uno eo.



Alpha-Feto Protein (AFP)

Teej in bōtōktōk ñan lale ñe ewōr cancer in aj ej pād ippān ro ewōr aer nañinmej in hepatitis B im rej aikuj in teej ilo aolep ien loe lak. Ñe juon armij ewōr an AFP eo utiej, innem elaplok teej im katak ko remaroñ ortar.



Pija in Katak kin Aj

Takto eo am emaroñ ortar juon wawen pija, FibroTest, ako transient elastography ñan etaale ako jōraan in aj (waanjoñāk, ebboj fibrosis, cirrhosis) im ñan lale cancer in aj. Lale bwe kwon kōneaan ippān takto eo am kake lale cancer in aj. Ilo kadu, pija in aj im teej in bōtōktōk ej rojāñ in bōk 6-12 alloñ ko.



Elaplok Jibañ



Kōnaan ippān Jikin Takto: Kajitok ko

- *Nañinmej in hepatitis B rot eo ao: juon kāāl “diik” nañinmej ako juon “lap” nañinmej?*



Juon nañinmej kāāl ej juon eo ej kab walok im ej nae etan **diik nañinmej**. Ej melelein kwar epāake hepatitis B. Eloñ rütto ro rekar epāake hepatitis B (emaroñ 90%) emaroñ in mour jān nañinmej diik. Nañinmej diik ekkā an walok ediklak jān 6 alloñ. Ejelok uno ñan armij ro ewōr diik nañinmej.

Nañinmej elap ej juon eo ekar enbwinin iumin elaplok jān 6 alloñ. Nañinmej elap ej juon nañinmej eo enij pād aolepen mour eo am im enij aikuuj am beddo lale ejmour aolep kajojo 6-12 alloñ ippān juon takto in aj.

- *Ja eo imaroñ in bōk ao baamle, armij ro ippān, ako armij eo ij babu ippān teej im wā ñan hepatitis B? Ta eo ij aikuuj ñan kōjbarok ir ñan ñe elukkun dedelak wā?*



Armij ro mweo imōm im ro kwoj pād ipper rej aikuuj in teej ñan hepatitis B. Kajitok ippān takto eo am ñan jikin takto eo ako ro mottaer ñan kōnaan ippān takto im kajitok in bōk teej ñan hepatitis B.

- *Ij ke maroñ bōk uno? Ñe ejjab, etke ijjab? Ñe aet, jouj kōmelele etke im kwalok tok kelet ko ikijen uno?*

Ejjab aolep rej maroñ in bōk uno ñan hepatitis B. Uno ñan hepatitis B ej pedped ion eloñ men ko, koba ippān yiiō, jekjek in baamle, alikkar in teej in aj, joñan hepatitis B DNA ko, im bar jot men. Kōnaan ippān takto eo am ñan lale ñe uno ej jimwe ñan eok. Kememey wot ke ilo kio, **uno ej juon kalimur-aitok**, im kwoj aikuuj in kōtmane in bōk uno ñan jemlokin mour eo am ako ñan ñe ewor juon uno ej bellok.



- *Ñe ijjab maroñ toprak ñan uno in takto, ta eo ij aikuuj in kōmmane ñan etaale hepatitis B?*

Armij ro rej bōuno im jab bōk uno rej aikuuj lale ñan etaale hepatitis B. Lale hepatitis B emaroñ koba ippān HBV DNA teej, ALT teej, im pija ako jot bar kain pija in aj.

- *Kwe maroñ ke kwalok tok elaplok kin ien ekatak ko? Ewōr ke ien ekatak ko ñan hepatitis B? Ñe aet, kwe maroñ ke kōmelele ki io?*

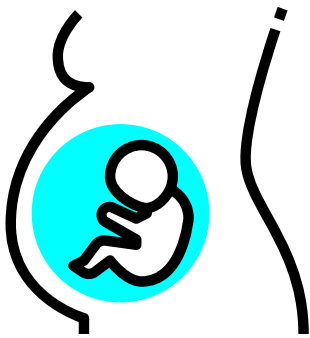
Aolep uno rej aikuuj in deloñ e juon ien teej, im ej koba ippāñ jilu ien ekatak ko, ñan etaale joñan an kōjbaork im eman an jermal mōkta jān an toprak. Māke konan pād ilo juon būrookraam in ekatak emaroñ in jibañ rinañinmej im aurok ñan ekatak, im rinañinmej ro jot.

Kein Jibañ ien
Ekatak ko



Kōnaan ippāñ Jikin Takto- Kajitok ko

- *Ñe ikonan bwe en wōr neju, ij ke aikuj kottar ñan jinoe uno? Ñe ij aikuj in bōuno kio, ilo ñaat eo imaroñ in lōmnak an wōr neju?*



Ñe enij alikkar teej eo am ñan hepatitis B nañinmej ilo am baroro, takto eo am enij kōmmame juon hepatitis B teej in bōtōktōk (HBV DNA) ilo ien barōrō eo am. Ilo jot ien, alikkar in teej ko remaroñ in lap. Ilo ien rot kein, takto eo am emaroñ in rojāñ am bōk juon uno in jolok baeroj ilo kajilu ñan kadiklak kauwōtata in am maroñ in lelak nañinmej ñan ajiri eo nejum ñe ej lotak Ajiri eo nejum enij aikuj juon hepatitis B wā in lotak 24 elikin lōtak ilo an loore wā ko jot an ajiri (2 wā in hepatitis B) ilowaan yiiō eo jinion mour. Emaroñ in kabōjrak an hepatitis B ajeeded ilo ien lōtak eo.

- *Enin ej etan uno ko ij bōk kio– rej ke eman ñan aj eo ao?*

Aj eo ej juon ian mottan enbwinnid im aurok im emaroñ in bōk uno ko kwoj kōjerbale. Aurok bwe takto eo am en jella kin jabdewōt uno kwoj bōk, elaptata ñe kwoj nañinmej in hepatitis B kinke ej jelet aj eo am. Boktok juon laajrak in aolep uno (mar, vitamin, koba) ñan takto eo am bwe en jella ta ko kwoj kōjerbale.

- *Uno rot ko ij wia ako kein jibañ imaroñ in bōk ñan metak, kakōlle in nañinmej, bar jot?*

Eloñ armij rej konan kōjerbale uno ko ñan kakajur nebwinier im jibañ aj ko aer. Inepata eo in ke ejelok an kōmbani ko kakien ñan kōmmame mweiuk kein, ej melelein ejelok bar teej ñan kōjbarok ako karreo. Innem joñan an eman uno ko ako vitamin emaroñ in oktak jān boto ñan boto. Jot uno ko remaroñin jelot uno ko takto ej lewaj ñan hepatitis B ako nañinmej ko jot; jot remaroñ in kōmman an jōraan aj eo am. Kōnaan ippān takto eo am mōkta jān am jino uno ko.

- *Ij ke aikuj in teej ñan aj eo ao, āinwot hepatitis C ako D?*

Aet, ej rojāñ ke ñe enij alikkar teej eo am ñan hepatitis B, kwoj maroñ in bar teej ñan also get hepatitis C im hepatitis D ako Delta. Enin ej jōt teej in bōtōktōk im remaroñ in kōmman ilo opij in takto eo am.

- *Ij ke aikuj in wā ñan kōjbarok io māke jān hepatitis A?*

Aet, hepatitis A wā ej rojāñ ñan armij ro ewōr aer nañinmej in hepatitis B. Kajitok ippāñ takto eo am kake am bōk hepatitis A wā rainin.

Elaplok jibañ





Uno in Hepatitis B ñan Rütto (U.S.)



Ewör uno ñan jimor rütto im ajiri im ej jibañ kantürol hep B baeroj, im ej jibañ kadiklak kauwötata an nañinmej lap an aj, ako ejelok lukkun uno ñan hepatitis B.

Uno ko kio ñan hepatitis B rej pād ilo ruo doulol:

Uno eman joñan an kajur— Errein ej uno ko rej kōmman an kajur lak enbwinnim ñan hepatitis B baeroj. Rej iwaj äinwot wā (äinwot an insulin etal ñan armij ro ewör aer nañinmej in tonal) loñ in 6 alloñ lak ñan 1 yiiō.

Uno ko rej jolok baeroj— Errein ej uno ko rej kabōjrak ako kōmman bwe en rumij lak an hepatitis baeroj bar laplok, im ej kadilak ebboj an aj eo am. Rej bōk äinwot button ko juon alen juon raan 1 yiiō im ekkut an aitoklak.

Aurok in jella ke ejjab aolep ewör aer nañinmej in hepatitis B rej aikuj uno. Emaroñ in ben bōk jinion an walok nañinmej kinke bōk uno ko ñan jolok baeroj emaroñ in äinwot buñtoñ eo jinion ñan an eman lak am mour..

Etan Uno Eo	Yiiō eo ekar toprak	Kōmelele
Tenofovir disoproxil (Viread)	2008	Juon button ej bōk juon alen juon raan, im jejo wōt menko rej walok elikin, iumin juon yiiō ako aitoklak. Ej äinwot uno ilo lain eo jinion im elap an eman
Tenofovir alafenamide (Vemlidy)	2016	Juon button ej bōk juon alen juon raan, im jejo wōt menko rej walok elikin, iumin juon yiiō ako aitoklak. Ej äinwot uno ilo lain eo jinion im elap an eman.
Entecavir (Baraclude)	2005	Juon button ej bōk juon alen juon raan, im jejo wōt menko rej walok elikin, iumin juon yiiō ako aitoklak. Ej äinwot uno ilo lain eo jinion im elap an eman.
Telbivudine (Tyzeka or Sebivo)	2006	Juon button ej bōk juon alen juon raan, im jejo wōt menko rej walok elikin, iumin juon yiiō ako aitoklak. Ej äinwot uno ilo lain eo karuo im elap an eman.
(Hepsera)	2002	Juon button ej bōk juon alen juon raan, im jejo wōt menko rej walok elikin, iumin juon yiiō ako aitoklak. Ej äinwot uno ilo lain e karuo im rinañinmej ro ej aikuj jermal kidney ko aer im lale aolep ien.
Lamivudine (Epivir-HBV, Zeffix, or Heptodin)	1998	Juon button ej bōk juon alen juon raan, im jejo wōt menko rej walok elikin, iumin juon yiiō ako aitoklak. Ejjab pād ilo U.S kinke ediklak an kajur jān uno kāāl ko im eloñ armij rej bōk an maroñ jermal uno iumin juon yiiō ako ruo.

Elaplok jibañ:

Ñe kwaj jokwe United States im aikuj jibañ kōlla ñan hep B uno, katak elaplok kin būrookraam ko ijin.



MOUR KIN NAÑINMEJ IN HEPATITIS B: EMAN EJMOUR EO AN ENBWANNIM



Meñe hep B emaroñ ukot kadkad eo am im wawen am lale enbwiim, am nañinmej ejjab melelein kwojjab maroñ in pād ippān armij. Ejelok wawen kōmman bwe kwe im mottam(ro) en kōjbarok amiro babu, ilo am lale bwe en eman wōt an aolep pād.

AUROK TATA: EKATAK KŌJBAROK AM BABU

JELLA JEKJEK



EO AM

- Emaroñ in ben kōnaan kake, ako ñan kōjbarok ro kwoj iakwe ir im jab lukkun iakwe ir, kwoj aikuj in kwalok ke ewōr am nañinmej in hep B. Bukot jibañ ko aunlain kin wawen kōnaan kake.
- Jella jekjek eo an armij eo mottam. Emaroñ in ben kōnaan kake, ako ej aikuj in walok. Kōnaan ippān armij eo mottam im rojāñ ir ñan bōk teej ñan nañinmej ko an jirōñ im likao (STIs). Lale bwe ren bōk wā im kōjbarok jān hep B im kajur jān baeroj eo.

KŌJERBALE
KEIN KŌJBAROK



- Kōjerbale condom ko dental dam ko ilo ien am kōjerbale loñiim, kimirmir, im ion doon ilo mour–jokdoon ñe ewōr am STI ako jab. Bōk eloñ condom ilo jikin ko epāake eok.
- Jella wawen an hep B ajeeded. Kwoj maroñ in loe kōmelele ko ijin:
<https://www.hepbpositive.org.uk/hepatitis-b-and-sex>

EKATAK KAKE
STIS



- Kōjbarok eok im ro mottam ilo am ekatak kin wawen an STI ko ajeeded im kauwōtata ko aer. Planned Parenthood im rā eo an ejmour ej juon jibañ eman ñan menin.

Jella kin ion enbwinnin doon im jab eman am lōmnak kake enbwin ej ekka an walōk jān armij ro rej mour hep B.

Ilo naan ko HIV-alikkar armij im rijerbal David Wojnarowicz:

"[Ewi wawen am ba ñan juon armij ej kab jella kin nañinmej eo am ke rej] jab maroñ wōr aer konan, jab maroñ jibwe ro jot, ban kwalok an konan? [...] Juon condom, ñe ejimwe an jerbale, emaroñ kabōjrak an ajeeded nañinmej. Ewōr juon aitok in kōmelele ikajur lale [...] lale eloñ bukwi mile ko ñan mejatoto; ilo ijo iloñ emaroñ in āinwot kinal ko ilo jerbale ko emōj aer kōmman. Ilo an kaded eloñ oktak jān kain doulol ko; aolep rej jelet jān kakien ko"

Ewi wawen an hepatitis B nej jelot jermal eo ao ako kilen ao jermal?

Ilo lalin, eloñ armij ro elap aer nañinmej in hepatitis B im ej kōmman bwe en wōr joñan etonak ko aer, jelalakjān, jermal, jān, im uno. Lōmnak eo ej pedped ion jab elak im ej jelot eloñ armij ilo lalin aolep raan. Hepatitis B ejjab ajeeded ilo am tobar jikuul, jermal, wōr am baamle, ako itotak. Ñe kwoj ion e jōraan jān wōt ñan hepatitis B, aurok in jella jimwe ko am im bwe en wōr am melele in jibañ case eo am. Kōjerbale melele ko ilo peij eo aunlain ñan jibañ iok māke, ako topar **Hepatitis B Foundation** ilo info@hepb.org ako 215-489-4900 ñe kwoj aikuj elaplok jibañ.

Jella Jimwe ko
Am



Jibañ ikijen
Dike



Irre im Kajur

Ej epaake mwil ko rejjab eman, imenene, im lōmnak kin armij ro rej jowke ippān ako kauwōtata an hepatitis B. Emaroñ in lap an jelot ejmour im ejmour an armij rej katak kake jekjek in hepatitis B jekjek, bōk uno, ako kōjbarok. Hepatitis B ej bar jelot ro rej kauwōtata an hepatitis B ilo an mojno lak aer kabbok kein jibañ ikijen hepatitis B im teej.

Kwoj aurok ilo kadilak mijak im dike ilo am lelak jibañ im kōnaan ilo am kajimwe bwebwenato kake hepatitis B im kwoj roñ jān ro jot.

Epaake ro jot rej jokwe im ewor aer nañinmej in hepatitis B ilo doulol ko ainwot Hep B Jukjukin pād



IRRE IPPĀN HEPATITIS B: ERUM JUON MOKADE

Stigma

Patriarchy

Xenophobia

Racism

Homophobia

Transphobia

Jab elak kin an ajeeded hep B ej jelot mour ko an armij ilo mweo imōn im jukjukin pād

Armij ro rej mour kin hep B kakien ko ikijen kajimwe im ej jelot am jimwe in jermal, katak, im itotak

Hep B ej jelot armij ro rej epāake āinwot armij ro mottan jikin, enbwin, im ia eo rej itok jān e

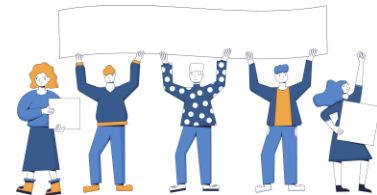
Ejjab aolep rej maroñ bōk ejmour. Eloñ armij rej ion e abañ ko ikijen jikin, jān, im bōk lale



Americans with Disabilities Act (Kakien an Armij ro rejjab maroñ makūtkūt) kōjbarok armij ro ewōr aer nañinmej in hep B ilo U.S. jān dike doon



Kalaplak jella kake hep B ilo World Hepatitis Day (July 28). Kwon juon rikwalok ñan ro rej nañinmej in ilo am rojāñ ro uwaan jukjukin pād im rikōmman kien ñan leman lak katak kake hep B, kōjbarok, im uno.



Jermal ñan juon uno ilo am ekatak kake bukot melele, lelak uak, im ippān doon ilo ien ekatak ko



MOUR KIN HEPATITIS B: BUKOT JIBAÑ

Aurok in likit ejmour in kalmenlakjān koba ippān enbwinnim.
Jejella emaroñ in ben melele kakōlle ko am im maroñ loe jibañ.
Kememej bwe kwojjab māke iam im ke ewōr jibañ ñan epaake eok ippān jukjugin pad im doulol in jibañ ko.

Jukjugin pād ko aunlain

- **HepBcommunity.org**
 - Juon ien kajitok ej etal ñan jibañ ro rej jokwe ippeir im jelot jān hep B ilo an epaake doon im ippen armij ro rejella im rej kamol
- **Hep Free Hawaii Slack**
 - Juon jikin ej kōjbarok im ewōr jibañ kin enbwinn im ñe emaan ako kōra.
- **SF Hep B Jikin Bōk jibañ**
 - Juon doulol in jibañ jukjugin pād im ej lewaj melim ñan melele ko rej eman lak, wawen jerbal, im jikin ko rej eman ñan kwalok kin ippān doon
- **Facebook**
 - Juon doulol eloñ lak 14,000 uwan ñan armij ro ej eman ippeir, ion e ako lale armij ro rej nañinmej in Hepatitis B.
 - <https://www.facebook.com/groups/hepatitisbFOUNDATION>
- **Reddit**
 - Juon jukjugin pād ñan aolep ro uwaan im armij remaroñ kwalok naan kāāl, kwalok bwebwenato, im lelak kajitok kake Hep B
 - <https://www.reddit.com/r/hepatitisB/>



Jukjugin pād ko ilo Armij

Hep B doulol in jibañ

- Juon wawen eman ñan kōmman mottam im rej jibañ eok im melele ta ko kwoj ion e!

Ejmour an Kalmenlakjān



Epāake rijerbal in ejmour im rijibañ ñan lelak jellakjān kake hep B im ejmour in kalmenlakjān



Roñjake Heppy B podcast ñan roñjake armij ilo aer kwalok imenene ko aer ilo aer nañinmej in hep B



Lale bwebwenato ko jān armij ro ilo Hawaii rej mour kin nañinmej in Hep B ilo Hep Free Hawaii Youtube



Elaplok Jibañ

<https://www.hepb.org/resources-and-support/online-support-groups/>

IRRE IPPĀN HEPATITIS B: KWALOK KAKE EOK

EWŌR TOKJEN BWEBWENATO EO AM

Ilo am kwalok kake hep B, kwoj kalaplok melele, kadiklak mijak, im kalaplok kajur ippān armij ro jot rej mour kin hep B.

#justB



justB campaign ej kwalok kake f hep āinwot juon aurok eo an public health im jibañ likit armij ñan nañinmej

Hep Free Hawai'i ej kwalok jermal ko an ikijen lōmnak im ainikien armij ro rej mour kin hepatitis ilo aer kwalok bwebwenato in kajur, tomak, im jouj ñan an kōmmene Hep Free 2030 juon men eo ej walok

