

Myths & Misconceptions about Hepatitis B Transmission

Did you know?

Anyone can get hepatitis B. It is one of the most common infections and there are 300 million people living with hepatitis B worldwide.

Hepatitis B can be transmitted through:



CHILD BIRTH



BLOOD CONTACT



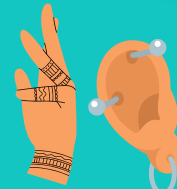
UNPROTECTED
INTIMATE
CONTACT



SHARING
HYGIENE ITEMS



UNSTERILE NEEDLES &
HEALTHCARE EQUIPMENT



UNSTERILE TATTOO &
PIERCING EQUIPMENT



UNSTERILE GROOMING
EQUIPMENT

Hepatitis B cannot be transmitted through:



SHARING A MEAL



SHARING WATER (CUP OR TOILET)



COUGHING OR SNEEZING



HOLDING HANDS



BREASTFEEDING



HUGGING OR KISSING

Hepatitis B does not affect only certain people and is not a punishment for bad behavior. Learning your hepatitis B status is important. Know the facts, get tested, and get vaccinated to protect yourself and your loved ones from hepatitis B!

Common Questions about Hepatitis B

Do you have questions about hepatitis B? Read on to learn the answers to some common questions!

"If I don't have symptoms, can I have hepatitis B?"

Yes. Most people who have hepatitis B do not have symptoms. Sometimes symptoms can take decades to appear! Getting tested is important, with or without symptoms.

"If I haven't done anything risky, can I still have hepatitis B?"

Yes. Most people who have hepatitis B get it as babies or children. Hepatitis B is not only caused by risky behavior. Anyone can get hepatitis B, and it is one of the most common infections worldwide.

"Is there a cure for hepatitis B?"

No, there is no cure, but it is treatable. Any herbal remedies that promise a cure are false. Safe and effective treatments prescribed by a doctor can help keep you healthy. There are resources to help cover costs if you don't have health insurance.

"Will my life change very much if I have hepatitis B?"

No, it doesn't have to. You can still live a long and healthy life with hepatitis B. Visiting your doctor 2-4 times per year, taking treatment if recommended, and living a healthy lifestyle free of alcohol and tobacco can reduce your risk of liver cancer.

"Is it safe to spend time with people who have hepatitis B?"

Yes, it's safe. Hepatitis B cannot be shared casually through food, water, breastfeeding, coughing, sneezing, hugging, kissing or holding hands. People with hepatitis B can still get married, have children, and have jobs.

"Am I really at risk since hepatitis B cannot be shared casually?"

Yes, you can still be at risk. Hepatitis B can be shared through childbirth, blood contact, bodily fluids, sharing household items (razors, toothbrushes etc.) and unsterile needles in healthcare settings, as well as tattoo and piercing parlors.

Hepatitis B doesn't only affect certain people, and it is a very common infection. It is not a punishment for bad behavior and ANYONE can get hepatitis B. Learning your hepatitis B status is important. Knowing the facts, getting tested, and getting vaccinated can protect you and your loved ones from hepatitis B!