

# Hepatitis B

*What you need to know to keep yourself,  
your family, and your community healthy*



**KNOW**  
**HEPATITIS B**



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

**B** **HEPATITIS B**  
FOUNDATION

## Educator Script



Community member sees:

"Today we will be talking about hepatitis B: what you need to know to keep yourself, your loved ones, and your community healthy.

Although there are other forms of hepatitis, this presentation will focus on hepatitis B.

This presentation should only take about 10-15 minutes. If at any point you have questions, please ask!

Thank you for taking the time to learn about hepatitis B with me today!"

**Hepatitis B is one of the world's most common infections.**

## *Worldwide*

*More than 250 million people  
are living with hepatitis B*



## *In the United States*

*Almost 1 million people have  
a hepatitis B infection*

## Educator Script



Community member sees:

"So, you may be wondering 'why is hepatitis B relevant to me?'

It is important to learn about hepatitis B because it is one of the world's most common infections. There are more than 250 million people in the world living with hepatitis B, many of them from Africa and Asia.

In the U.S., up to 1 million people have hepatitis B. In African immigrant communities in the U.S., between 5% and 18% of people are affected."



Why is hepatitis B more common in Africa?



## Educator Script



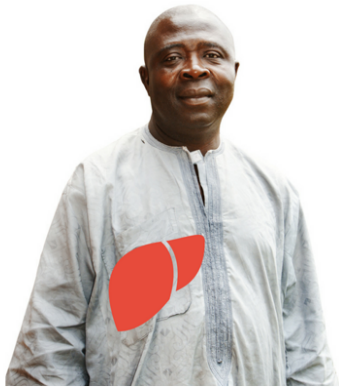
Community member sees:

"You might wonder, 'why is hepatitis B more common in Africa?'

Hepatitis B has existed in Africa for thousands of years, and continues to affect millions of people on the continent.

Because the hepatitis B vaccine is not available in all parts of Africa, many infants and young children are at risk of infection."

## What is hepatitis B?



*Hepatitis B is a viral infection that can cause serious liver disease and even liver cancer.*

*Your liver is very important for your health.*

## Educator Script



Community member sees:

"Hepatitis B is a viral infection, caused by the hepatitis B virus. If left undiagnosed, it can lead to liver damage or liver cancer over time.

It is very important to keep the liver healthy, because it has many roles in the body.

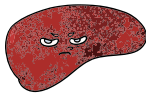
It helps digest food, regulates energy, breaks down toxins, fights infections, processes medications, stores vitamins and helps your blood clot!

People cannot live without their liver."

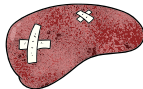
Hepatitis B can lead to liver damage and liver cancer over time, if someone is unaware of their infection.



Healthy liver



Mild inflammation  
can lead to  
"Fibrosis"



A lot of inflammation can  
lead to a scarred liver  
"Cirrhosis"



Long-term infection  
with hepatitis B can  
lead to liver cancer



Getting tested for hepatitis B now may help  
prevent liver complications in the future!

## Educator Script



Community member sees:

"Hepatitis B can lead to liver damage over time, if someone is unaware of their infection.

A healthy liver can develop mild inflammation, which is called "fibrosis", which can continue to progress to severe inflammation or scarring, called "cirrhosis", or even liver cancer."

**Less than 10% of people infected with chronic hepatitis B have symptoms.**

*If symptoms occur with chronic hepatitis B, they can be a sign of advanced liver disease:*



Yellow skin or eyes, abdominal pain,  
vomiting, feeling tired, joint pain,  
dark urine or clay colored stool

## Educator Script



Community member sees:

"You may be wondering about the symptoms of hepatitis B. Actually, less than 10% of people who are infected have symptoms. If symptoms do occur with chronic hepatitis B, they can be a sign of advanced liver disease.

That means that most of people with hepatitis B don't have any symptoms at all, so testing is the only way to know if you have hepatitis B."



**Most people become infected when they are very young.**

*Many pregnant women do not know they are infected, and unknowingly transmit the virus to their babies.*



*Without the vaccine, most of these will develop into chronic, lifelong infections.*

## Educator Script



Community member sees:

"Although hepatitis B can be prevented with a vaccine at birth, not all babies receive the vaccine. Many pregnant women do not know they are infected, and unknowingly transmit the virus to their babies.

Without the vaccine, most of these will develop into chronic, lifelong infections. This is because babies and children do not have fully developed immune systems, and may not be able to fight off hepatitis B once they become infected."

# Someone can also get hepatitis B through:

## Blood

*Direct blood to blood contact  
with an infected person*



*Mother to child  
during birth*



*Household contact  
Sharing hygiene equipment  
(razors, toothbrushes,  
earrings etc.)*



*Tattoos, piercings, barbers,  
scarification, circumcision  
practices*



*Healthcare  
exposures*



*Sharing needles*

## Sex

*Direct contact with sexual fluids  
with an infected person*



*Unprotected sex  
There is a risk during any  
type of sexual contact*

## Educator Script



Community member sees:

"Hepatitis B can also be transmitted in other ways. Because blood and sexual fluids of an infected person can contain the virus, direct contact with them can be a risk of transmission.

Some risks include:

- Sharing razors, toothbrushes, nail clippers or earrings with someone who is infected
- Contact with medical equipment that has not been properly sterilized
- Sharing needles with others
- Tattoos, piercings, barbers, scarification, unsterile circumcision practices
- Sexual contact without using protection (such as condoms) is also a risk."

# Hepatitis B is NOT spread by:

Food

Or sharing meals with someone  
who is infected



Sneezing or  
coughing on  
someone



Holding hands



Water

Drinking from a cup of someone  
who is infected or sharing a toilet



Hugging



Breastfeeding



Kissing



## Educator Script



Community member sees:

It's important to be aware that there are many misconceptions about how hepatitis B is spread. Hepatitis B is NOT spread casually.

This means that hepatitis B is NOT spread through: food; such as eating food prepared by an infected person or by sharing meals with them (pause), water; such as drinking from a cup of someone who is infected, or sharing a toilet (pause), hepatitis B is NOT spread by sneezing, coughing, breastfeeding, holding hands, hugging and kissing. All of these things are SAFE and do not spread hepatitis B.



If you are asked more details about which fluids contain the virus:

*Hepatitis B virus is only in blood and sexual fluids.  
It is not in saliva, sweat or tears.*

*The good news: liver problems can be prevented  
by getting tested and seeing a doctor.*



*The test for hepatitis B is simple and easy,  
and can help you and your family stay healthy.*

## Educator Script



Community member sees:

"The good news is that liver complications can be prevented by getting tested and seeing a doctor if you are infected.

The test for hepatitis B is simple and easy, and can help you and your family stay healthy.

You can get tested at your doctor's office, health clinic or even a community health fair! At the end of this presentation, I will supply you with helpful fact sheets and resource lists for more information about hepatitis B and where to find testing."



*You may be asked:*

**What is the test for hepatitis B?**

*The test is a blood test. The lab technician will take a small tube of blood, which will be sent away for testing. The results should be available in a few days.*



If someone discovers that they have hepatitis B, they can stay healthy by:

1

*Seeing their doctor 1-2 times a year.*

- *It's important to see a provider experienced in managing hepatitis B*
- *If someone needs treatment to slow down or prevent liver damage, the doctor can make treatment recommendations.*



2

*Leading a healthy lifestyle.*

- *Eat a nutritious diet*
- *Get regular exercise*
- *Avoid alcohol and cigarettes*



## Educator Script



Community member sees:

"If someone tests positive for hepatitis B, there are several ways that they can stay healthy.

Seeing a doctor once or twice a year who is experienced in managing hepatitis B is also important. They will check up a person's liver health to see if treatment may be needed to slow down or prevent liver damage.

They can lead a healthy lifestyle by eating a nutritious diet, getting exercise, and avoiding alcohol and cigarettes."

**There is no cure for chronic hepatitis B.**

*Claims that medicine or herbal remedies can cure the virus are false.*



## Educator Script



Community member sees:

"You may have heard about possible cures for chronic hepatitis B. Any claims about medicines or herbal remedies that can cure the virus are false.

Please do not be fooled into taking these, as you will only waste time and money on these.

*There are effective treatments  
available for hepatitis B, if needed.*



## Educator Script



Community member sees:

"The good news is that there are very effective treatments available for hepatitis B, if needed.

They have been tested and proven to keep hepatitis B under control and keep people healthy. They have an important role in helping to manage the virus."

# *There are many misconceptions about hepatitis B. Know the facts:*

1

*Most people don't have symptoms of hepatitis B.*

2

*Most people contract hepatitis B as babies or children.*

3

*There are effective treatments available for hepatitis B that can keep a person healthy.*



## Educator Script



Community member sees:

"Hepatitis B is a complicated virus, and it is important to understand the common misconceptions about it.

One. Most people don't have symptoms of hepatitis B. Testing is the only way to know if you are infected.

Two. Most people contract hepatitis B as babies or children.

Three. There are effective treatments available for hepatitis B that can keep a person healthy and prevent health complications in the future."



# Why should people get tested for hepatitis B?



Hepatitis B is manageable and treatable!

Most people do not have symptoms.



Don't wait until you feel sick.



Get tested now!



There is a safe and effective vaccine that can protect loved ones.

Getting tested now can keep yourself and your family healthy!



## Educator Script



Community member sees:

"So, why should people get tested for hepatitis B?

Hepatitis B is can be managed by seeing a doctor, and taking treatment, if needed.

Most people who are infected don't have any symptoms, so testing is the only way to know if you are infected.

If someone is infected, the good news is that is a safe and effective vaccine that can protect loved ones.

Getting tested now can help keep yourself and your family healthy!"

Now that you know how important it is to get tested for hepatitis B....

*Make a plan to get tested!*



*Make a pledge to  
family and friends.*



*Ask at your next  
doctor's visit.*



*Look for a free hepatitis B  
testing event near you.*



*It could save your life!*



## Educator Script



Community member sees:

"Now that you know how important it is to get tested for hepatitis B...make a plan to get tested!"

You can:

- Make a pledge to get tested, for yourself, family and friends
- Look for a free hepatitis B testing event near you
- Ask about testing at your next doctor's visit

Don't be afraid to advocate for your health!  
Getting tested could save your life."

# Discussion Questions



1. What are some things you found surprising about hepatitis B?
2. What are some of your concerns or questions about getting tested for hepatitis B?
3. After viewing this presentation, how likely are you to get tested?



## Educator Script

Discussion Questions



1. What are some things you found surprising about hepatitis B?
2. What are some of your concerns or questions about getting tested for hepatitis B?
3. After viewing this presentation, how likely are you to get tested?

Community member sees:

*If you feel comfortable, please ask the following questions which are intended to promote an open conversation and encourage the community member to ask any remaining questions.*

"That concludes our education today. I'd like to ask you:

"What was one thing you found surprising about hepatitis B?

"What are some of your concerns or questions about getting tested for hepatitis B?

"After viewing this presentation, how likely are you to get tested?"



# Thank you!

Keep learning about hepatitis B,  
get tested, and encourage your  
loved ones to do the same!



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



## Educator Script



Community member sees:

"Thank you for taking the time to learn about hepatitis B today.

Please refer to the fact sheets from the CDC and Hepatitis B Foundation for more information about hepatitis B, and resources for locating testing.

(Hand them fact sheets and take-away card)

Remember to utilize me as a resource for hepatitis B information, and please encourage others to learn more about hepatitis B and be tested!"