

# 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 SEX



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!

# DEBUNKING MYTHS ABOUT HEPATITIS B

There is some false information out there about hepatitis B. Read on to learn the facts!

## MYTH

## FACT

**If you don't have any symptoms, you don't have hepatitis B**



Most people who have hepatitis B show NO symptoms. Sometimes symptoms take decades to appear! It's important to get tested, with or without symptoms.

**I got hepatitis B because I am a bad person**



Anyone can get hepatitis B. Most people get the infection as babies or children. It is one of the most common infections worldwide. 300 million people are currently living with hepatitis B.

**There is a cure for hepatitis B**



There is no cure for hepatitis B. Herbal remedies that promise a cure are false. You can protect yourself from the virus by getting vaccinated, practicing safe sex, and not sharing products that come into contact with blood.

**Hepatitis B is a death sentence**



You can live a long and healthy life with hepatitis B! Visiting your doctor 1-2 times per year, taking treatment if recommended, and living a healthy lifestyle with plenty of exercise and free of alcohol and tobacco can reduce your risk of liver cancer.

**You can share hepatitis B through casual contact**



Hepatitis B cannot be shared casually through food, water, breastfeeding, coughing, sneezing, hugging, kissing, or holding hands.

**Hepatitis B is genetic**



Hepatitis B can be shared through childbirth, blood contact, bodily fluids, sharing household items (razors, toothbrushes, etc.), unsterile needles in healthcare settings, tattoo and piercing parlors, but it is not genetic.

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