

Should I be vaccinated?

Every baby born in Australia can get a free hepatitis B vaccine at birth.

Sexual partners and people living with hepatitis B carriers should be tested for hepatitis B. If not infected, they should be vaccinated.

Vaccination is also free to some high-risk groups – ask your GP.

Hepatitis B vaccination is recommended if:

- you ever take part in injecting drug use; tattooing and body piercing; unprotected vaginal, oral or anal sex with casual partners; or sex work
- you are a man who has sex with men
- you have chronic liver disease other than hepatitis B
- you are on kidney dialysis
- your work brings you into contact with blood or other body fluids
- you are an inmate or staff of a custodial institution (prison)
- you live or work with people with intellectual disabilities
- you travel to countries where hepatitis B is common (ask your GP or travel health specialist)
- you are a member of a family who has adopted children from overseas
- you are a health care worker.

Treatment

If you are exposed to hepatitis B, there is treatment that can prevent infection if you see a doctor immediately.

There are treatments that may help long-term carriers.

Where to go

Contact your GP or a doctor of your choice, local Population Health Unit, community nurse or health worker, or

Central Immunisation Clinic

(08) 9321 1312

Sexual Health Helpline

(08) 9227 6178 or 1800 198 205 toll-free

HepatitisWA

(08) 9328 8538 or 1800 800 070 toll-free

You can find more information about hepatitis on the Internet:

www.public.health.wa.gov.au

www.getthefacts.health.wa.gov.au

www.hepatitiswa.com.au

www.hepatitisaustralia.com

www.cdc.gov/ncidod/diseases/hepatitis

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Hepatitis B

Your
sexual
health

Hepatitis B

What is hepatitis B?

Hepatitis means inflammation of the liver. It can be caused by viruses such as hepatitis A, B, C, D, E and G, alcohol, some chemicals and drugs.

Signs and symptoms

About half of all adults and most children with hepatitis B have no symptoms at all. Some people feel well for several months before having any symptoms.

Symptoms include:

- fever
- extreme tiredness for weeks or months
- loss of appetite, nausea (feeling sick) and vomiting
- joint pains
- eyes or skin turning yellow (jaundice).

If you or your child develops these symptoms, see your doctor for a blood test.

Most adults recover completely. They can't catch hepatitis B again.

However, some adults, and most babies become hepatitis B *carriers*. Carriers often don't feel sick but will have the virus in their blood for years.

Carriers can develop serious liver diseases, including liver failure and liver cancer, 20 or more years after first getting hepatitis B.

Carriers can also infect other people, even if they feel well and don't have any symptoms.

How is it spread?

Hepatitis B is very infectious.

The hepatitis B virus is mainly spread through direct contact with infected blood and blood products, but you can also be infected through other body fluids including semen and vaginal fluids.

You can catch hepatitis B:

- from a tiny amount of blood, too small to see
- by having vaginal, oral or anal sex with an infected person if you don't use a condom
- from sharing needles, syringes and other drug injecting equipment with an infected person
- if you have a job that involves possible contact with human blood or body fluids.

If you are a hepatitis B carrier, your baby can be infected during birth or soon after.

If you share a house with a hepatitis B carrier, you need to be especially careful (see Protecting yourself).

In Australia, you are very unlikely to get hepatitis B through blood transfusion or organ transplantation.

Protecting yourself

You will be almost 100% safe if you are fully vaccinated against hepatitis B. This involves three (3) injections over 6 months for adults.

There are some other simple ways to protect yourself against hepatitis B and other infections:

- **Never share needles, syringes or any drug injecting equipment.** Wash your hands or wipe your fingers with a new alcohol swab before and after injecting yourself or another person. Always use new, sterile needles and syringes. You can get these from most chemists, needle and syringe exchanges, and at country hospitals after hours.
- **Practice safe sex – use a condom or dam and lubricant.** The risk increases if you have many partners, anal sex and/or sex during a woman's period.
- **Before considering any body art** (such as tattooing or piercing) make sure the body artist uses only sterilised equipment, and new razors, inks, and needles each time.
- **Don't share personal hygiene items**, such as razors, toothbrushes and dental floss.
- Clean and cover any bleeding cuts and grazes immediately.
- Wear gloves and use paper towels (or disposable cloths) when cleaning up blood spills. Wash the area with soapy water, then bleach. Wrap the towels and groves in a plastic bag before putting them in the bin.
- Health care workers should always use infection control procedures at work.