

WORLD HEPATITIS DAY:  
28 JULY

# THINK YOU'RE **NOT AT RISK** OF HEPATITIS?

## THINK AGAIN.

Hepatitis virus types A, B, C, D and E cause infection and inflammation of the liver that can lead to severe disease and death.

## HEPATITIS A & E

Spread by poor food hygiene, unsafe water and lack of sanitation

The risk is higher in rural areas of developing countries but you can catch it anywhere

## 5 WAYS TO PROTECT YOURSELF



Talk to your healthcare provider about the hepatitis A vaccine



Cook food well and eat it while it's hot. Avoid raw shellfish and raw meat



ALWAYS wash your hands with soap and water after using the toilet, changing a baby's nappy and before preparing food and eating

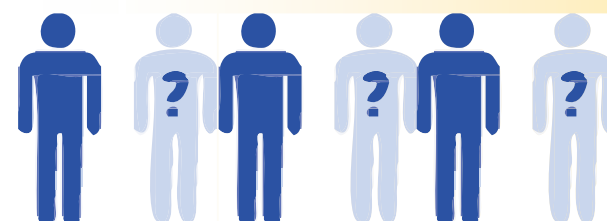


Peel fruit and vegetables, wash salads in clean water



Only drink safe water

An estimated 20 MILLION people are infected with **hepatitis E**  
and 1.4 MILLION with hepatitis A every year **hepatitis A**



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



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# THINK YOU'RE NOT AT RISK OF HEPATITIS?

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## HEPATITIS B, C & D

Spread by blood, semen and other body fluids

## 5 WAYS TO PROTECT YOURSELF



Talk to your healthcare provider about the hepatitis B vaccine



NEVER share needles, razors or toothbrushes



If you are pregnant, talk to your doctor about how to prevent transmission to your baby



Use only sterilized tattoo and piercing instruments

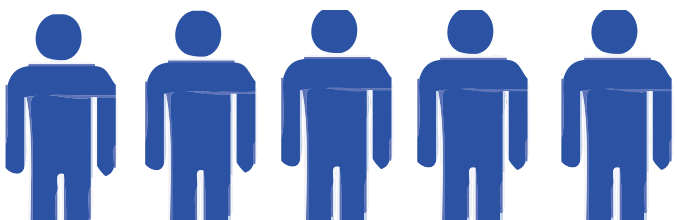


Use condoms correctly and consistently

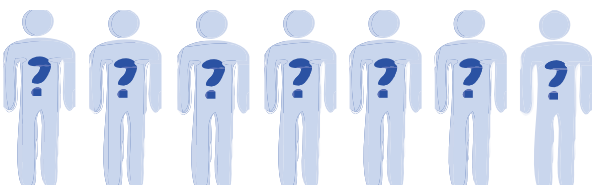


Where possible, choose oral medications instead of injections

### GET TESTED!



More than 1 MILLION PEOPLE DIE each year from disease caused by **hepatitis B & C**



### YOU ARE AT RISK IF:



You've ever had medical or dental treatment with unsterile instruments



You have ever injected drugs



You've received a blood transfusion in a country that does not test for hepatitis



You are living with HIV



Your mother was infected with hepatitis when you were born

Most of those infected don't know they have it, **INCREASING THE RISK** of developing severe liver disease and transmitting the virus to others.



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