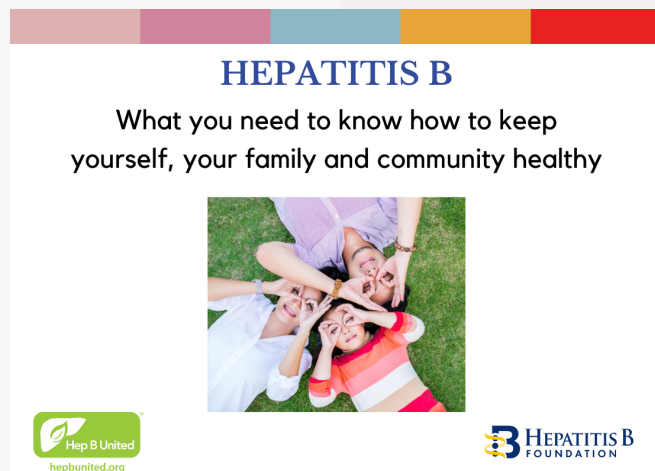


# HEPATITIS B

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



## 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**

Almost 300 million people are living with hepatitis B



## **In the United States**

Around 2.4 million people are living with hepatitis B

## Educator Script

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

**Worldwide**  
Almost 300 million people are  
living with hepatitis B



**In the United States**  
Around 2.4 million people are  
chronically infected

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 infectious diseases. There are almost 300 million people in the world living with hepatitis B, and many people in Asia have hepatitis B.

Asian Americans carry the burden of hepatitis B in the U.S., making up more than half of the nation's 2.4 million people who have hepatitis B."

# Why is hepatitis B common?



## Educator Script

Why is hepatitis B common?



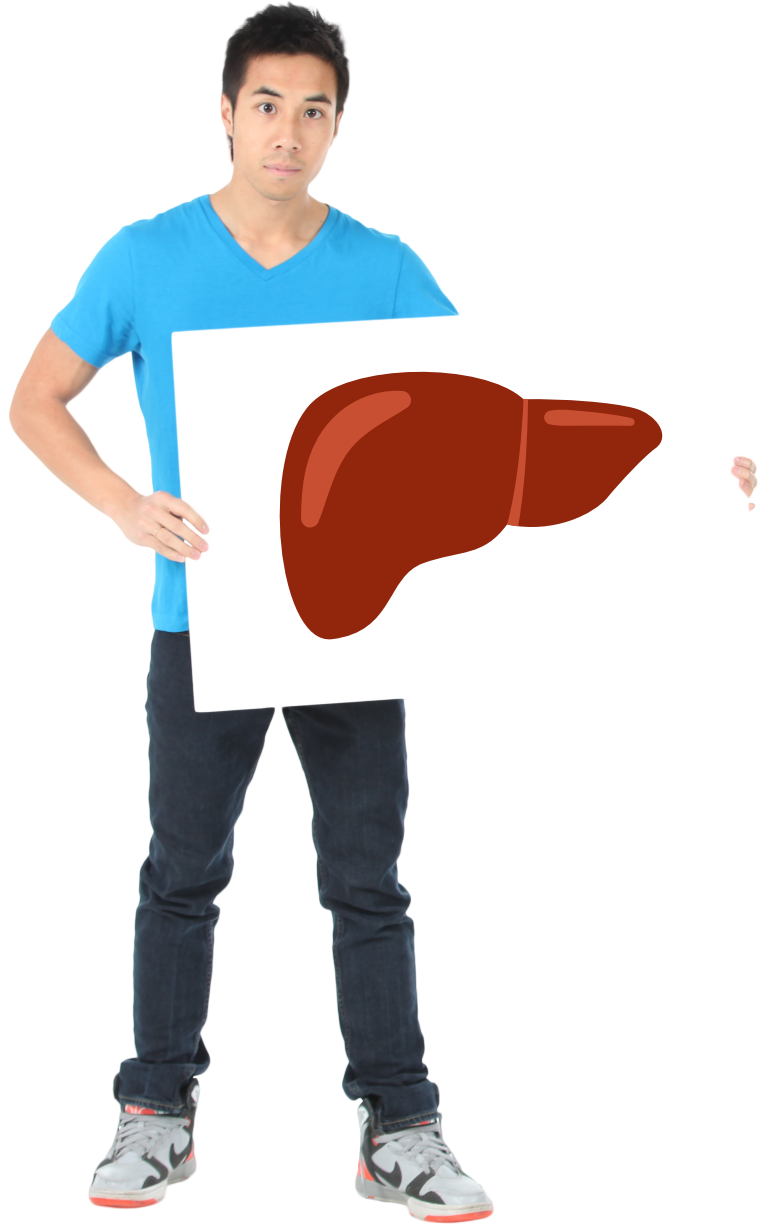
## Community member sees

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

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

Because the hepatitis B vaccine is not available everywhere, and because of how the virus is transmitted, many infants, young children and adults are infected - or are at risk of infection."

# What is hepatitis B?

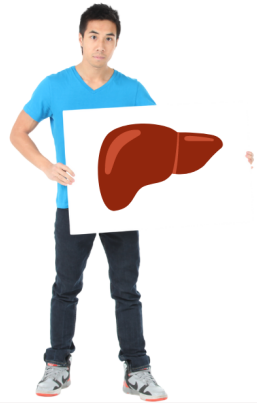


*Hepatitis B is a viral infection that can cause serious liver disease and even liver cancer.*

*Your liver is very important for your health.*

## Educator Script

### 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.*

## 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.

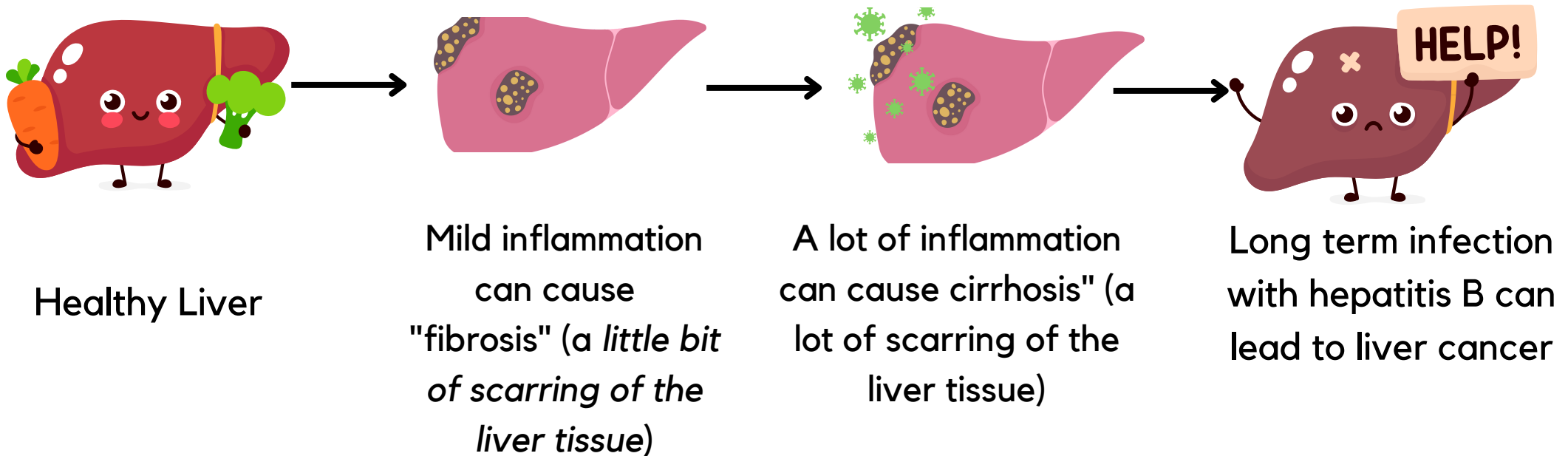
It is very important to keep the liver healthy because it has many roles in the body.

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

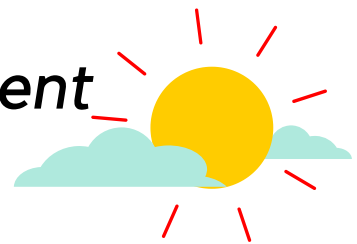
People cannot live without their liver."



# Hepatitis B can lead to liver damage and liver cancer over time

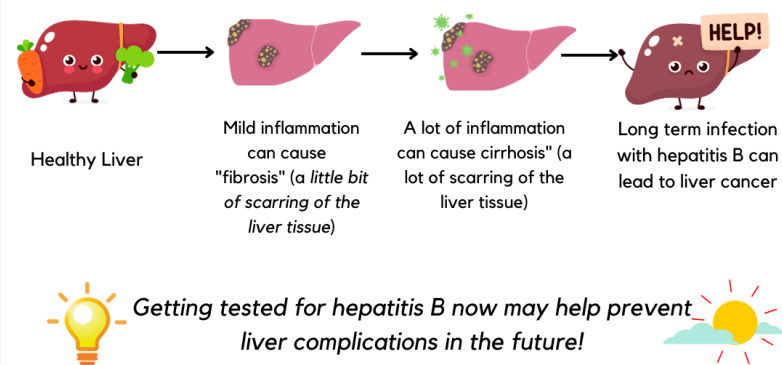


Getting tested for hepatitis B now may help prevent liver complications in the future!



## Educator Script

Hepatitis B can lead to liver damage and liver cancer over time



Community member sees

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

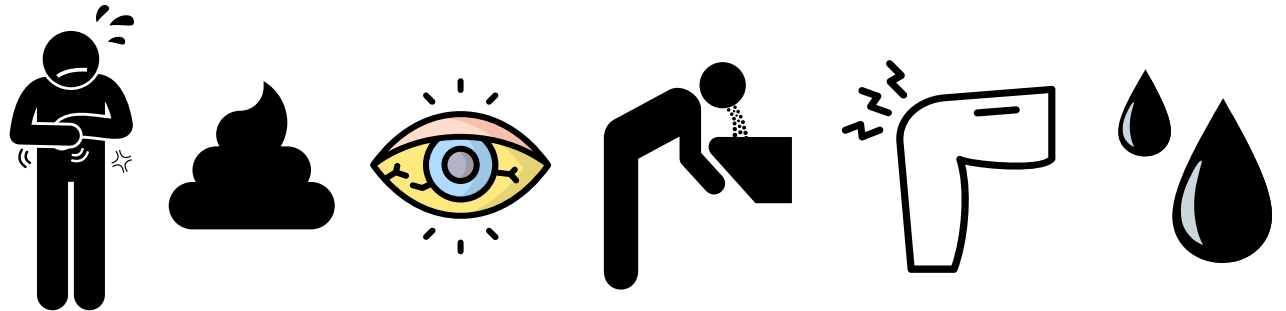
A healthy liver can develop mild inflammation, called "fibrosis," which can continue to progress to severe inflammation or scarring, called "cirrhosis", or even liver cancer."

# Fewer 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:*



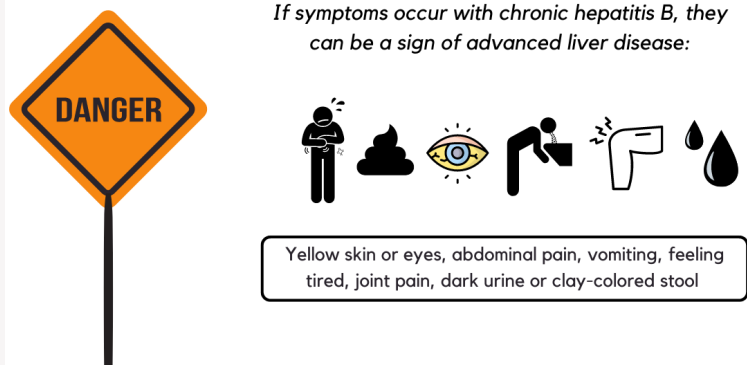
**DANGER**



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

## Educator Script

Fewer than 10% of people infected with chronic hepatitis B have symptoms



Community member sees

"You may be wondering about the symptoms of hepatitis B. Actually, fewer than 10% of people who are infected have symptoms.

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

# Someone can get hepatitis B through:



## Blood

Direct blood to blood contact with an infected person



## Household contact

Sharing hygiene equipment (razors, toothbrushes, earrings etc)



## Intimate Contact

Direct contact with sexual fluids of an infected person

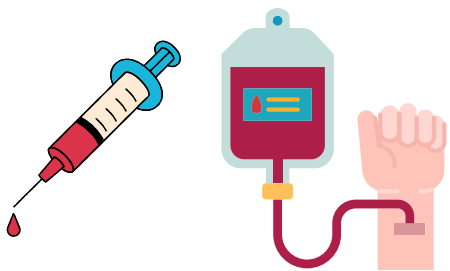
## Mother to child during birth



## Sharing needles



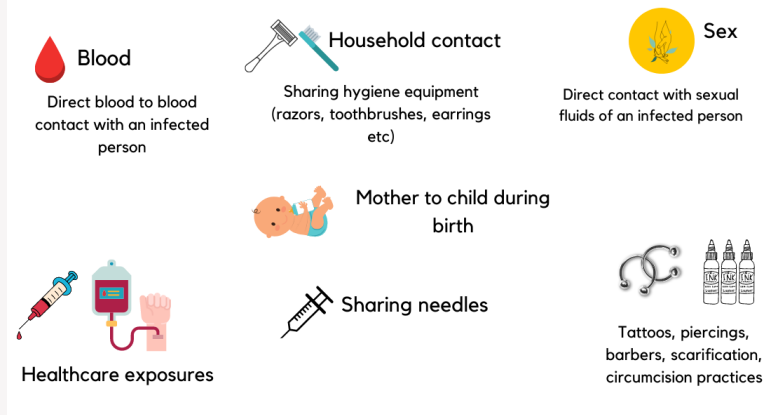
Tattoos, piercings, barbers, scarification, circumcision practices



Healthcare exposures

## Educator Script

Someone also can hepatitis B through:



Community member sees

"Hepatitis B is most commonly transmitted from an infected mother to a baby due to the blood exchange that happens during childbirth. It can also be transmitted through contact with infected blood and sexual fluids.

Some risks include:

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

# Most people become infected when they are very young.

When someone is infected young, they are more likely to develop a life-long infection and be at risk for liver cancer. We can prevent babies from becoming infected with a safe and effective vaccine!



## Educator Script

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

When someone is infected young, they are more likely to develop a life-long infection and be at risk for liver cancer. We can prevent babies from becoming infected with a safe and effective vaccine!



Community member sees

"Transmission of the virus during childbirth is the most common way that people get infected. This can be prevented through a safe and effective vaccine. All pregnant people should be tested for hepatitis B, and those who are infected might need treatment during pregnancy. All babies should begin the hepatitis B vaccine starting at birth. This "birth dose" is necessary for all babies born to infected moms."



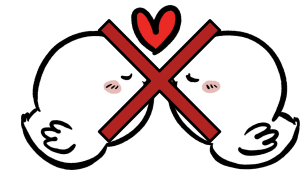
# Hepatitis B is **NOT** spread through:

Sneezing or coughing  
on someone

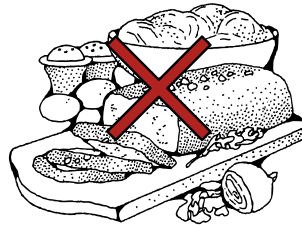


Holding hands

Kissing



Breastfeeding



Food

Or sharing meals with  
someone who is not  
infected



Water

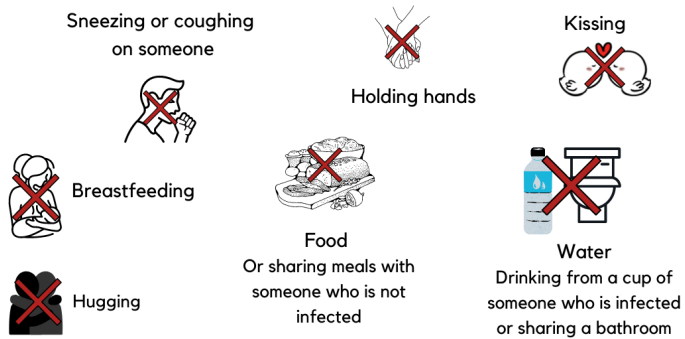
Drinking from a cup of  
someone who is infected  
or sharing a bathroom



Hugging

## Educator Script

### Hepatitis B is NOT spread through:



## Community member sees

"It's important to be aware that there are many misunderstandings 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), water (such as drinking from a cup of someone who is infected, or sharing a toilet), 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 transmitted by blood and sexual fluids. It is not spread by saliva, sweat, breastmilk, urine, or tears.

The good news: Liver problems, including liver cancer, 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

The good news: Liver problems, including liver cancer, 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.

## 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 give you 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:



## Seeing a 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.



## Leading a healthy lifestyle

- Eating a nutritious diet.
- Staying physically active.
- Avoiding alcohol and cigarettes as these contain toxins.



## Educator Script

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

1

### Seeing a 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

- Eating a nutritious diet
- Staying physically active
- Avoiding alcohol and cigarettes as these contain toxins



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 important. They will check up on a person's liver health, and they might recommend treatment with an antiviral medicine to prevent liver damage and liver cancer.

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

There is no cure yet for chronic hepatitis B

*Currently, there is no cure for hepatitis B.  
Scientists are trying to find a cure.*



## Educator Script

There is no cure yet for chronic hepatitis B

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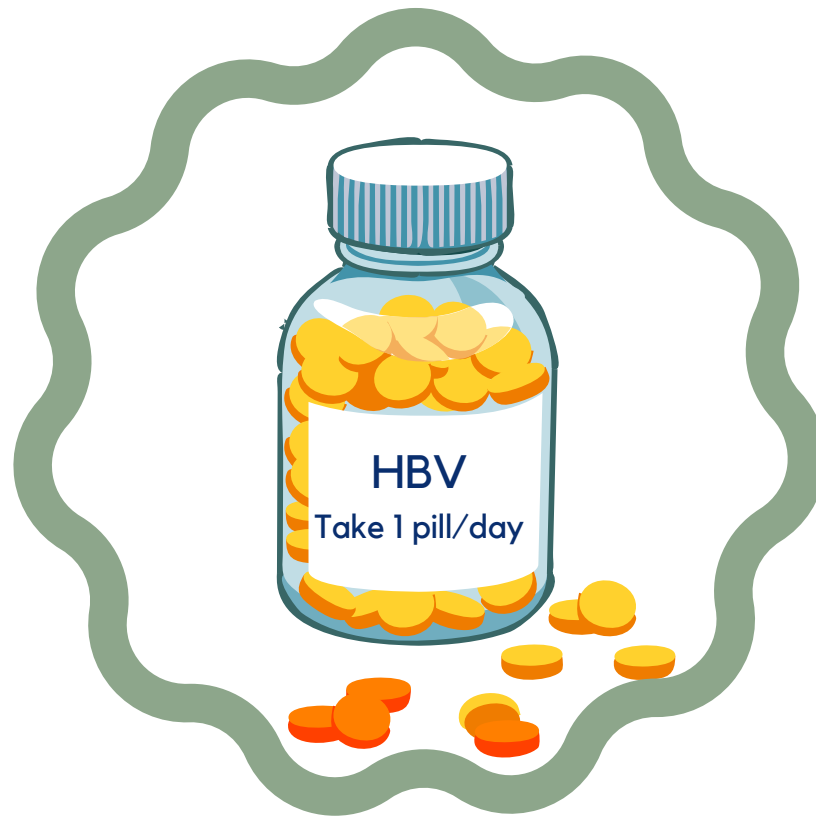


Community member sees

"You may have heard about possible "cures" for chronic hepatitis B. Herbals and traditional medicine can be part of a person's health regimen, but these will not "cure" the virus. Some herbs and supplements can harm the liver, so please talk to your doctor before taking them."



There are effective treatments  
available for hepatitis B.



## Educator Script

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



Community member sees

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

These "antiviral" medicines have been tested and proven to keep the hepatitis B virus under control and can help prevent liver damage and liver cancer. They have an important role in helping to manage the virus."

# These are the facts:

1

Most people don't have symptoms of hepatitis B.

2

Most people get hepatitis B as babies or children.

3

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



## Educator Script

There are 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.



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 get hepatitis B as babies or children.

Three. There are effective treatments available for hepatitis B that can keep a person healthy and can help prevent liver damage and liver cancer."

# Why should people get tested for hepatitis B?

*Hepatitis B is manageable and treatable.*



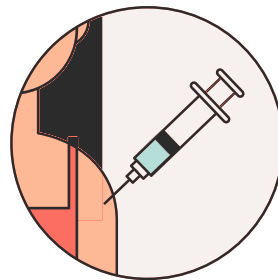
*Many people do not have symptoms.*

*Don't wait until you feel sick.*



*It is important to know if you have hepatitis B.*

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



*Getting tested now can keep yourself and your family healthy!*

## Educator Script

### Why should people get tested for hepatitis B?

*Hepatitis B is manageable and treatable.*



*Many people do not have symptoms.*

*Don't wait until you feel sick.*



*It is important to know if you have hepatitis B.*

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



*Getting tested now can keep yourself and your family healthy!*

## Community member sees

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

Hepatitis B 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 there 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 at a free hepatitis B testing event near you.




It could save your life.




## Educator Script

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 at a free hepatitis B testing event near you.

It could save your life.

## 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

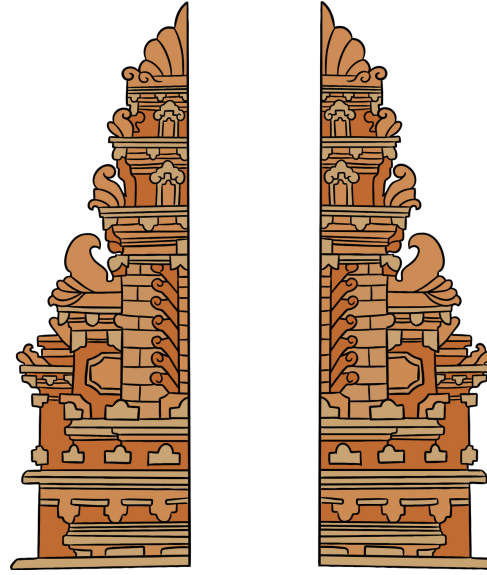
*If you feel comfortable, please ask the following questions which are intended to promote an open conversation and encourage the community member to ask any remaining questions.*

"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!



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