

# HEPATITIS B RESOURCE TOOLKIT

**FOR HARM REDUCTION**

Looking for resources and information to share in your community? This toolkit has flyers, palm cards, and handouts that can be used to educate your communities about hepatitis B and hepatitis delta.

# HEPATITIS B TOOLKIT

## FOR HARM REDUCTION

### Resource Toolkit Table of Contents

<b><u>RESOURCES</u></b>	<b><u>PAGE #</u></b>
-------------------------	----------------------

Hep B Overview	<b>2</b>
Hep B and Delta Fast Facts	<b>3</b>
Hep B and Delta Testing	<b>4</b>
All about Hep B Trifold	<b>5-6</b>
Hep B Acute Infection	<b>7</b>
Screening and Vaccination Palm Card Tracker	<b>8</b>

2.4 million

Americans have

# Hepatitis B

that could cause liver cancer.

Less than half know they have it.



**Could you be one of them?**

- Were you or your parents born in Asia, Africa, or the Middle East?
- Do you have HIV or hepatitis C?
- Have you ever injected drugs or shared equipment?
- Have you ever had a tattoo or piercing?

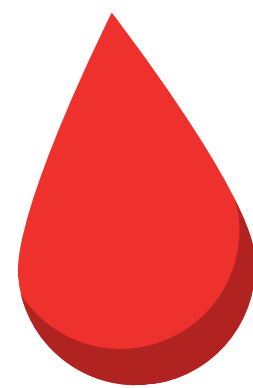


If you answered **YES** to any of these questions ask your health care provider about getting tested for **hepatitis B**. It may save your life!

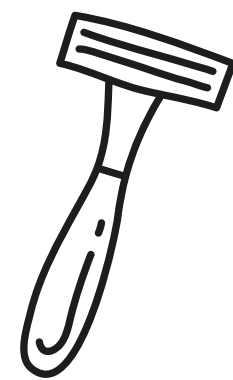
# HEPATITIS B + HEPATITIS DELTA: KNOW THE FACTS!

SPREAD THROUGH CONTAMINATED BLOOD OR THROUGH SEXUAL CONTACT WITH SOMEONE LIVING WITH HEPATITIS B AND DELTA. IF NOT MANAGED BY A DOCTOR, HEP B + DELTA CAN LEAD TO LIVER CANCER.

## TRANSMISSION:



Blood to blood contact



Contaminated needles, tattoo & piercing equipment, razors, toothbrushes



Sexual transmission

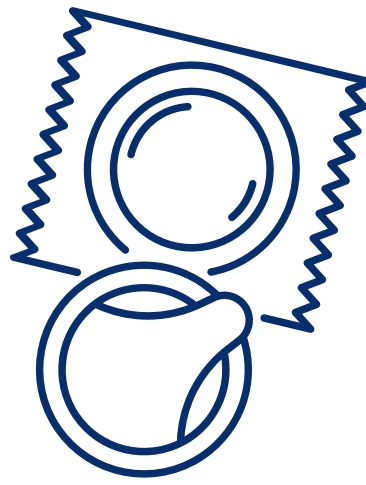
## PREVENTION:

#1



Get Vaccinated

#2



Use protection

#3



Don't share needles or other paraphernalia

## GET TESTED FOR HEPATITIS B TO KNOW YOUR STATUS!

A simple blood test can tell you your status. Talk to your doctor today about getting checked for hepatitis B and delta!



Get tested!

# HEPATITIS B AND DELTA TESTING

## Testing for Hepatitis B

A blood test is the only way to check if you have the hepatitis B virus or if you need the vaccine. The blood test consists of the HBsAg, HBsAb, and HBcAb tests (these can all be done with a single blood draw).

- **HBsAg (Hepatitis B Surface Antigen):** Checks whether or not you have the virus right now.
- **HBsAb (Hepatitis B Surface Antibody):** Checks whether or not you are protected from the virus
- **HBcAb (Hepatitis B Core Antibody):** Checks whether or not you have ever been exposed to the virus

## Testing for Hepatitis Delta

Only those who test positive for hepatitis B can have hepatitis delta ( a more severe form of liver infection). Hepatitis delta is diagnosed using two types of blood tests.

- **Anti-HDV total (Hepatitis Delta Antibody):** Checks whether or not you have ever been exposed to hepatitis delta
- **HDV RNA (Hepatitis Delta RNA):** If positive for anti-HDV total, this test checks for an active hepatitis delta infection

## Where can I get tested and vaccinated?

Generally, only those who test positive for hepatitis B should get tested for hepatitis delta. If you test negative for hepatitis B, vaccination is recommended.



### Primary care doctor's office

Ask your doctor for a hepatitis B test and follow up with your results to see if you should be tested for hepatitis delta too.



### Vaccines

The hepatitis B vaccine is available at your local pharmacy, doctor's office, or health department. Two to three doses are needed to complete the series.

OUR COMMITMENT INCLUDES  
FUNDING FOCUSED RESEARCH,  
PROMOTING DISEASE  
AWARENESS, SUPPORTING  
IMMUNIZATION AND TREATMENT  
INITIATIVES, AND SERVING AS  
THE PRIMARY SOURCE OF  
INFORMATION FOR PATIENTS  
AND THEIR FAMILIES, THE  
MEDICAL AND SCIENTIFIC  
COMMUNITY, AND THE GENERAL  
PUBLIC.

Sign up for a free  
hep B test today!



**FIND US AT:**

[www.hepb.org](http://www.hepb.org)

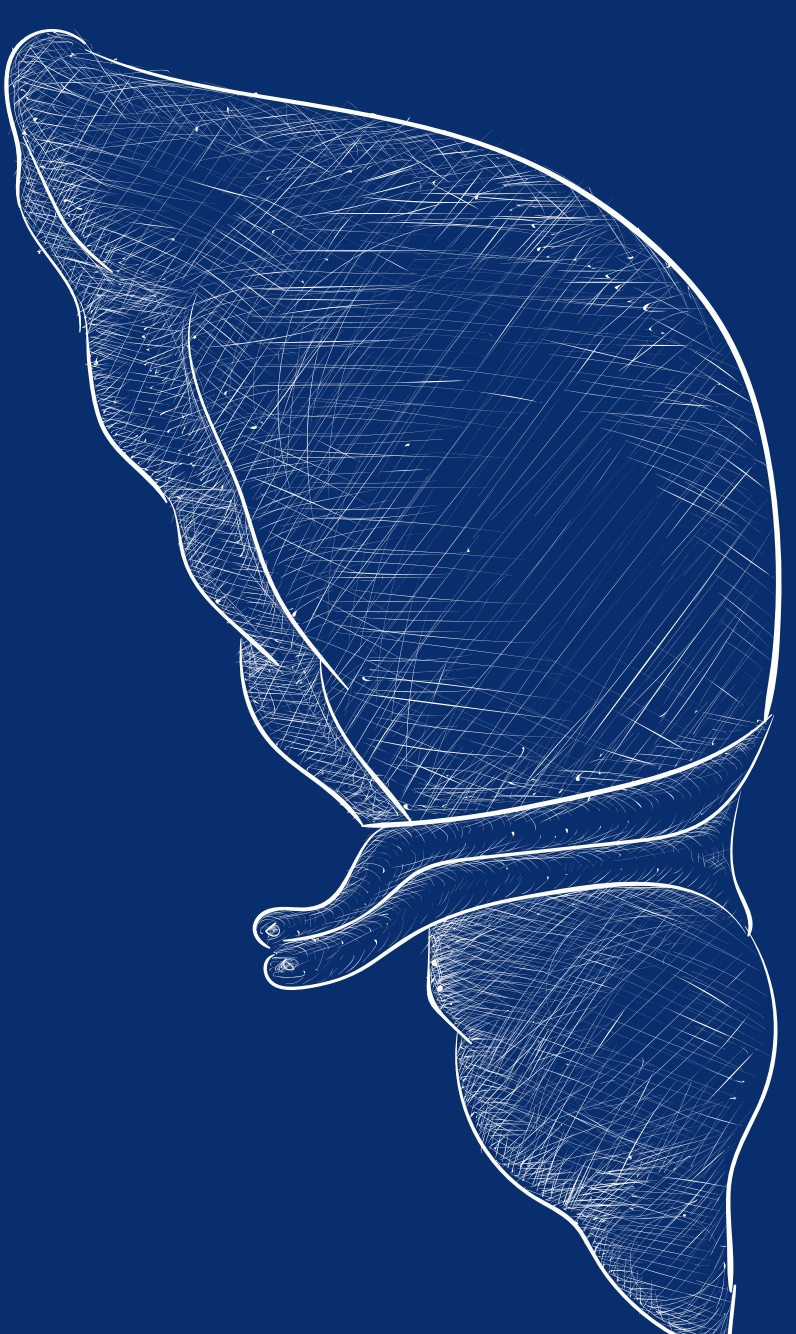
*Have questions?*

*Email or call us at:*

[info@hepb.org](mailto:info@hepb.org)

215.489.4900

This brochure was funded by the National Library of Medicine (NLM), National Institutes of Health (NIH) under cooperative agreement number UG4LM012342 with the University of Pittsburgh, Health Sciences Library System. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.



# ALL ABOUT HEPATITIS B

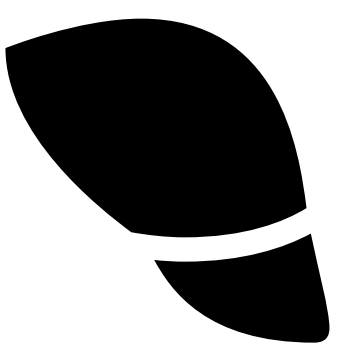


DEDICATED TO THE  
ELIMINATION OF  
HEPATITIS B

## WHAT IS HEPATITIS B



Hepatitis B is a serious liver disease affecting almost 300 million people worldwide.



You can either have an acute (short term) or chronic infection. For people who are chronically infected but don't have any symptoms, the virus can be silently damaging their liver and can cause serious liver disease like cirrhosis or liver cancer.

If you have hep B, you are **NOT** alone. Two million people have it in the United States

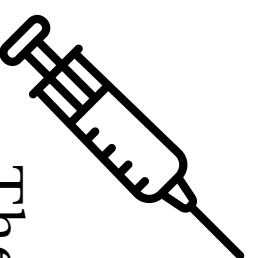
## SYMPTOMS



- Fever, fatigue, muscle or joint pain
- Loss of appetite
- Mild nausea and vomiting
- Pale or light colored stools
- Dark or tea colored urine

The most common symptom are **NO** symptoms

## PREVENTION



HEPATITIS B IS PREVENTABLE WITH A SAFE AND EFFECTIVE VACCINE

There are two-dose and three-dose vaccine options. People should get all two or three shots to keep them from getting hepatitis B.

## TRANSMISSION



Blood to blood contact



Unprotected sex



Injection drug use

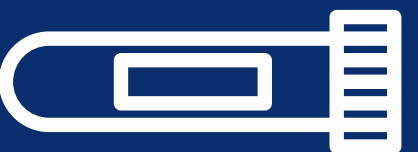


Non-sterile needles or medical equipment



From a pregnant person to their child during labor and delivery

## TESTING



Testing is the only way to know for sure if you are infected! The hepatitis B blood test requires only one sample of blood and your health care provider should order the three part "Hepatitis B Panel." The CDC recommends everyone be tested at least once in their life.

## Who Should Be Tested?

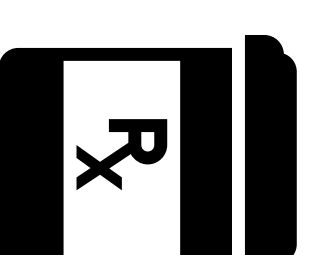
- People born in China, other Asian countries, & Africa
- People whose parents were born in China, other Asian countries, & Africa
- People who live with someone who has hepatitis B

## RISK ASSESSMENT

- Were you or your parents born in areas where hepatitis B is common?
- Are you pregnant?
- Do you live with someone who has hepatitis B?
- Do you have abnormal liver tests & don't know why?
- Have you been told you have hepatitis?
- Have you been told you have HIV?
- Are you a man who has sex with a man?
- Have you ever injected drugs or shared any drug use equipment (such as needles, cookers, cotton, straws, or rinse water?)

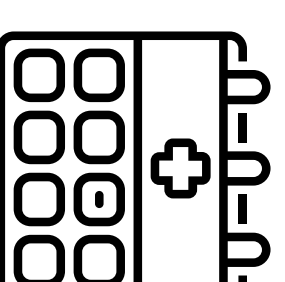
If you answered "YES" to any of these questions, you might be at risk for hep B. Talk to your doctor about getting tested!

## TREATMENT



If you find out you have hepatitis B, your doctor might prescribe you medicine to help slow down liver damage.

Not everyone with a chronic hepatitis B infection needs treatment. Check with your doctor.



Your doctor should check in with you every 6 months to monitor your liver.

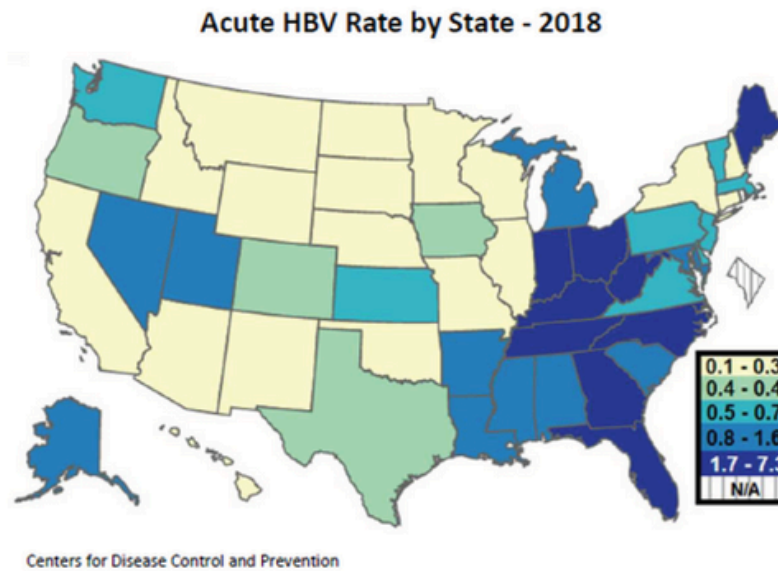
# HEPATITIS B

## WHAT YOU NEED TO KNOW

In recent years, more people are becoming newly infected with hepatitis B, a disease that affects the liver and can cause health complications



These rising infections of hepatitis B are tied to the opioid epidemic in the U.S.



36% of new hepatitis B infections occur among people who inject drugs

**HEPATITIS B**  
**CAN BE MORE DANGEROUS**  
If you also have  
**HEPATITIS C**  
**OR HIV**

## WHAT IS HEPATITIS B?

Hepatitis B is a virus that attacks the liver.

Infections can be newer and short-lived (acute) or lifelong (chronic).

If left undiagnosed, a chronic infection can lead to scarring of the liver (cirrhosis) or even liver cancer over time.

## COULD YOU BE INFECTED?

**MOST PEOPLE DON'T HAVE ANY SYMPTOMS**



**A SIMPLE BLOOD TEST**

**CAN TELL IF YOU ARE INFECTED**

## WHO IS AT RISK?



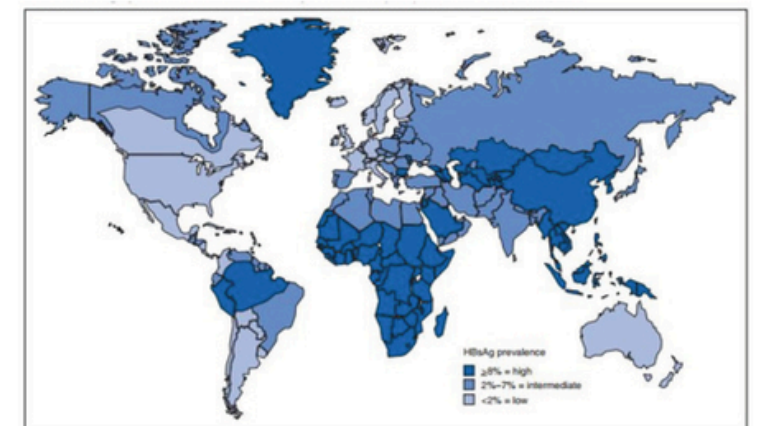
People who come into direct contact with infected blood, share needles, inject drugs, are exposed to unsafe dental or medical procedures



People with many sexual partners



People who have unprotected sex



People who are from countries where hepatitis B is highly endemic (dark blue regions on the map)

## IF YOU ARE AT RISK:



Ask your doctor to test you for hepatitis B, and about getting the hepatitis B vaccine if you're not protected

## IF YOU ARE INFECTED:

Managing your hepatitis B is important!

**TRY TO SEE A DOCTOR KNOWLEDGABLE ABOUT HEPATITIS B EVERY 6 MONTHS TO CHECK UP ON THE VIRUS AND PREVENT LIVER DAMAGE**

**THE VACCINE CAN PROTECT YOU AGAINST HEPATITIS B FOR LIFE!**



Hep B United is a national coalition led by the Hepatitis B Foundation to address and eliminate hepatitis B, a serious liver infection that is the leading cause of liver cancer.

[www.hepbunited.org](http://www.hepbunited.org) • [info@hepb.org](mailto:info@hepb.org) • 215-489-4900

Updated October 2021



Hepatitis B is a virus that can infect the liver and can lead to liver cancer. It is possible to get hepatitis B through direct blood contact or sex with someone living with hepatitis B. Sharing personal care items like razors, toothbrushes, and used needles can spread hepatitis B.

Name: \_\_\_\_\_  
 Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_\_  
 Phone Number: \_\_\_\_\_

I got tested for hepatitis B on \_\_\_\_\_ (date).

My Test Results were:

HBsAg Positive / Negative

Anti-HBs Positive / Negative

Anti-HBc Positive / Negative

Wallet card  
 following testing or  
 vaccination -front

*I was tested for hepatitis B and needed the vaccine.*  
 I need the hepatitis B vaccine to be protected against hepatitis B infection.

back of card

I recieved the \_\_\_\_ dose series of the hepatitis B vaccine. There are two types of hepatitis B vaccines: One that is two doses and another that is three doses.

- ✓ Dose 1 \_\_\_\_\_ (date) next shot is in \_\_\_\_ months
- ✓ Dose 2 \_\_\_\_\_ (date) next shot is in \_\_\_\_ months
- ✓ Dose 3 \_\_\_\_\_ (date) next shot is in \_\_\_\_ months (if taking the three dose series)

HBsAg	+	-	-	-
Anti-HBs	-	+/-	+	-
Anti-HBc	+	+	-	-
Interpretation	Acute or chronic infection	Exposure to HBV At risk for reactivation	Immunity from vaccination	At risk for HBV infection
Action	Evaluation and further testing	Follow up as appropriate	No further action required	Vaccinate

For more information or if you have questions contact (215)489-4900 or visit [www.hepb.org](http://www.hepb.org)

