

# ABCDe<sub>s</sub> of Hepatitis

**Hepatitis** means inflammation of the liver and is often caused by a virus.

There are **4** main types of viral hepatitis — each caused by a different virus.



Hepatitis A  
(Hep A)



Hepatitis B  
(Hep B)



Hepatitis C  
(Hep C)



Hepatitis D  
(Hep D)

Understanding hepatitis starts with knowing your **ABCDe<sub>s</sub>**.

# Hep

# A

## You CAN get hep A from:



Drinking contaminated water or eating contaminated food, which can occur when an infected person prepares food without appropriate handwashing hygiene



Being in close contact or having sexual contact with an infected person



Injection drug use

## Vaccination



You CAN prevent infection with two hep A vaccination shots

There is NO specific medication for hep A if you do get infected. Your body will usually fight off the infection, often with no lasting damage to your liver.



Talk with your healthcare provider to find out if you are at risk for hep A

# Hep

# B



## You CAN get hep B from:



Being born to an infected mother



Having blood-to-blood contact or sexual contact with an infected person



Sharing items contaminated with infectious blood (eg, razors, toothbrushes, syringes, nail clippers)

## You CANNOT get hep B from:



Sharing food or water



Touching, hugging, coughing, or kissing

## Chronic hep B is a silent killer



Even if you don't feel sick, you can still infect others, and the virus may be active and damaging your liver

Chronic hep B can be lifelong and may cause serious liver damage, including cirrhosis, liver cancer, and death

## Vaccination



You CAN prevent infection with a short series of hep B vaccinations

For most patients, hep B cannot be cured, but effective treatments are available to reduce the amount of hep B virus in the body and the risk for liver problems.



Talk with your healthcare provider to find out if you are at risk for hep B



# Hep C

## You CAN get hep C from:



Sharing items contaminated with infectious blood (eg, razors, toothbrushes, syringes, nail clippers)



Injection drug use and sharing needles, syringes, etc



Having blood-to-blood contact or sexual contact with an infected person



Being born to an infected mother

## You CANNOT get hep C from:



Sharing food or water



Touching, hugging, coughing, or kissing

## Chronic hep C is a silent killer



Hep C is a slowly progressing disease, with symptoms that may not appear for years, if at all

Hep C can cause long-term health problems, including liver damage, liver failure, cirrhosis, liver cancer, and even death — it is one of the leading causes of liver cancer and transplantation in the United States

## Vaccination



There is NO vaccine available to prevent hep C






Hep C can be cured with available treatments.





Talk with your healthcare provider to find out if you are at risk for hep C

Only people  
infected with hep B  
can get hep D\*



## You CAN get hep D from:

-  Sex with an infected partner
-  Injection drug use and sharing needles, syringes, etc
-  Being born to an infected mother (rare for hep D)
-  Contact with blood from an infected person
-  Sharing items (eg, razors and toothbrushes) with an infected person

## You CANNOT get hep D from:

-  Sharing food or water
-  Touching, hugging, coughing, or kissing

## Chronic hep D is a silent killer

-  Hep D liver disease may progress more rapidly than hep B; however, symptoms may not appear for years
-  Hep D may cause faster development of serious liver damage, including liver cancer, and death

## Vaccination

-  There is NO vaccine to protect you from hep D; however, a hep B vaccine can prevent a hep B infection

There is currently NO FDA-approved treatment for hep D.

Rx

-  Talk with your healthcare provider to find out if you are at risk for hep B and hep D

*\*Also known as hep delta or hepatitis delta*

- A** Aware  
Know your risk factors.
- B** Blood test  
Take a simple blood test  
to find out if you have hepatitis.
- C** Communicate  
Talk to your healthcare  
provider about hepatitis.
- D** Discover  
Learn more about hepatitis  
from your healthcare provider  
and the websites shown below.

To learn more about how you,  
your friends, and family can be  
screened for or manage hep B  
or hep C, please visit:

- [www.HepB.com](https://www.HepB.com)
- [www.HepCHope.com](https://www.HepCHope.com)

links to URL links to:  
<https://hepb.com/>

links to URL links to: [https://  
www.hepchope.com/](https://www.hepchope.com/)

