

Looking for more
information?
Visit the
following sites

VA National Hepatitis C Program

www.hepatitis.va.gov

**Centers for Disease Control
and Prevention**

www.cdc.gov/ncidod/diseases/hepatitis

American Liver Foundation

www.liverfoundation.org

**The VA Hepatitis C Resource Center Program
and National Hepatitis C Program Office
Veterans Health Administration
U.S. Department of Veterans Affairs**



Hepatitis

**A guide to
symptoms,
treatment, and
prevention**



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Hepatitis A

What is it?

- A virus that causes sickness to the liver
- Goes away in about two months

How is it spread?

- Eating or drinking food or water that has been contaminated with infected feces

Symptoms

•For **Hepatitis A, B, & C**, you may have light stools or dark urine, fatigue, fever, nausea, vomiting, loss of appetite, bellyache, and yellow skin or eyes (jaundice). Some people don't experience any symptoms

Treatment

- Lots of rest and fluids

Prevention

- Washing hands with soap and water after using the toilet. Use 1 part bleach to 9 parts water to clean surfaces contaminated with feces, such as changing tables.
- Avoid contaminated food and water
- Vaccination



Hepatitis B

- A virus that causes sickness to the liver
- USUALLY goes away after several months
- If it does not go away, it can cause liver cell damage, leading to cirrhosis (scarring) and cancer

- Contact with infected blood, sexual fluids, or saliva
- Sharing injection drug equipment, or tattoo and body-piercing tools
- Human bite
- Passed from infected mother to newborn during childbirth

- Interferon or anti-viral medication (varying success)

- Clean up infected blood with 1 part bleach to 9 parts water and wear protective gloves. Soak spill area for 10 minutes.
- Do not share razors, toothbrushes, or drug needles
- Practice safe sex: use a latex condom or barrier
- Vaccine provides protection for 18 years



Hepatitis C

- A virus that causes sickness to the liver
- USUALLY you'll have the virus forever
- It can cause liver cell damage, leading to cirrhosis (scarring) and cancer

- Sharing injection drug equipment, or tattoo and body-piercing tools
- Contact with infected blood
- Sharing razors and toothbrushes
- Passed from infected mother to newborn during childbirth
- Rarely spread through sex

- For **Hepatitis C**, most people have no symptoms

- Interferon and combination therapies (varying success)

- Clean up infected blood with 1 part bleach to 9 parts water and wear protective gloves. Soak spill area for 10-30 minutes.
- Do not share razors, toothbrushes, or drug needles
- Practice safe sex when blood or sores are present
- No vaccine exists