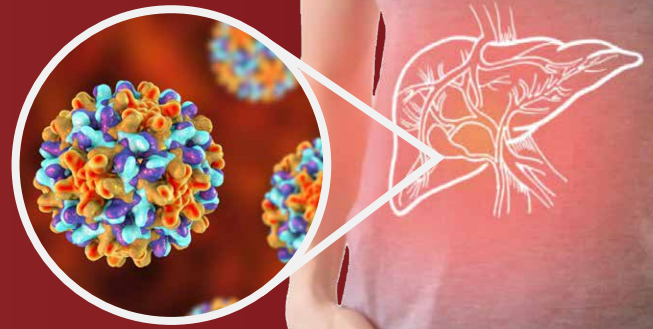


Hepatitis B Fact Sheet for Asian Americans, Native Hawaiians, and Pacific Islanders (AAs and NHPIs)



What is hepatitis B?

Hepatitis B is a serious liver infection caused by the Hepatitis B virus (HBV).¹ The virus can stay inside the body of some people for a long time, causing a lifelong illness. If Hepatitis B is not treated or cared for, it can lead to long-term liver diseases like cirrhosis (liver scarring), liver damage, and even liver cancer.¹



How is hepatitis B spread by?

Hepatitis B spreads through having direct contact with blood and bodily fluids of someone who is carrying the HBV virus. You can get Hepatitis B by:¹

- **Unprotected sex.** Having (vaginal, anal, or oral) sex with a person who has the HBV virus without using protection (condom).
- **Sharing medical tools or using unclean ones** such as sharing drug or tattoo needles or other medical/dental cleaning tools or devices.
- **Sharing sharp, personal cleaning items** like razors or toothbrushes. Sharing these sharp items pose a risk of breaking the skin and transferring blood or bacteria.
- **Mother-to-child transmission.** A mother who has Hepatitis B can pass on the virus to her baby during birth through her blood and bodily fluids.

Why should AAs and NHPIs care about Hepatitis B?

Asian Americans, Native Hawaiians, and Pacific Islanders (AAs and NHPIs) communities are more affected with long-term Hepatitis B than any other racial group in the United States (US). Even though Asian Americans, Native Hawaiians, and Pacific Islanders make up less than 5% of the total number of people in the US, they make up over half of the nearly 1 million Americans living with Hepatitis B.⁶

Hepatitis B is **NOT** spread by sharing food or water. You **CANNOT** get or spread hepatitis B by:¹

- ✓ Sharing food or water with a person with HBV
- ✓ Sharing utensils or eating with a person with HBV
- ✓ Eating unwashed food
- ✓ Shaking hands, hugging, or kissing a person with HBV
- ✓ Being around a person with HBV who is coughing or sneezing
- ✓ Breastfeeding your child
- ✓ Getting a mosquito bite (from a mosquito carrying blood)



What are symptoms of Hepatitis B?

Long-term Hepatitis B is known as the “silent killer” because most people who have Hepatitis B usually do not feel or show any symptoms of being sick and have normal blood test results.² Many people live without knowing that they have the infection, some for as long as 20 years or more. However, during this time, the virus can hurt the body and damage the liver.³ Most people who have the virus do not feel sick. By the time they feel sick, it is often too late for treatment to work well in stopping damage to the body.



How do I know if I have Hepatitis B?

Since Hepatitis B does not have any symptoms that you can easily see or feel, you can only know for sure if you have hepatitis B by getting tested. A Hepatitis B screening test is a simple blood test. Doctors do not always do this test during a regular check-up visit. It is important to ask your doctor about this test if you want to know for sure.³



Two of every three Asian American, Native Hawaiian, or Pacific Islander with Hepatitis B do not know they are infected.



How can I protect myself and my family from Hepatitis B?

If you find out that you have hepatitis B through the blood test, it is important to get medical treatment for yourself.³ Another way to protect yourself and protect your family from hepatitis B is by asking your family members to get tested, as well. Family members who have Hepatitis B should also talk to a doctor about medical treatment.³ Family members who do not have Hepatitis B should get the Hepatitis B vaccine to protect themselves from the virus.³

Pregnancy & Hepatitis B

The most common way that Asian Americans, Native Hawaiians, or Pacific Islanders get Hepatitis B is through mother-to-child transmission. Pregnant mothers can protect their children by being tested during pre-natal check-ups. The test results will help the doctor find the best way to protect the mother from spreading Hepatitis B to her baby. Mothers who are not infected can ask their doctors if they need the vaccine.⁵



What is the Hepatitis B vaccine?

The Hepatitis B vaccine is a safe and effective way to prevent a person from being infected. There are two types of Hepatitis B vaccines: a two-shot vaccine and a three-shot vaccine. The two-shot vaccine is taken one month apart, and the three-shot vaccine is given over a six-month period.⁴

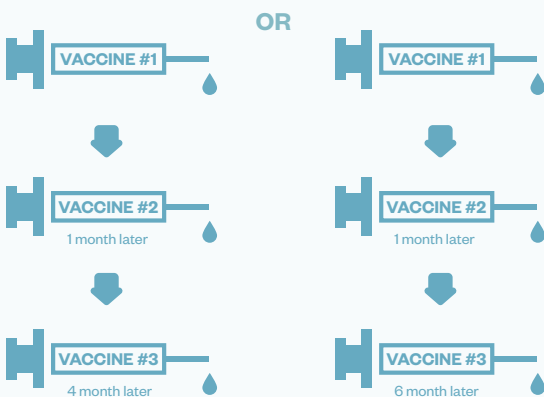


Vaccination Schedule for Adults:

Two-Shot Vaccine Schedule:



Three-Shot Vaccine Schedule: (two options)



Doctors strongly recommend the vaccine to children and young adults up to 18 years old, as well as to adults who may have higher risk of Hepatitis B due to their work, the country where they were born, or living situations.⁴

All infants born in the United States should receive the first Hepatitis B vaccine at birth, and two more shots over a 6-18 month period. If the baby's mother has Hepatitis B, the baby will need an extra booster shot to protect against the infection, for a total of four shots.⁵



Vaccination Schedule for Babies:⁵



Vaccination Schedule for Babies whose Mother has Hepatitis B:⁵



Resources

To learn how to protect yourself and the ones you love from Hepatitis B, see the resources below.

- B Free CEED
- Hep B United
- Hep B Foundation
- Centers for Disease Control and Prevention Fact Sheets:
 - ♦ When Someone in the Family has Hepatitis B: English, Chinese (Simplified), Chinese (Traditional), Vietnamese, Korean, Burmese, Hmong, Khmer, Lao
 - ♦ Living with Hepatitis B: English, Chinese (Traditional), Vietnamese, Korean
 - ♦ Protect Your Baby For Life: English, Chinese, Vietnamese, Korean, Burmese, Hmong, Khmer, Lao, Tagalog

¹ Hep B Facts. Hep B United. <http://www.hepbunited.org/hep-b-facts/>

² What is Hepatitis B? Asian Liver Center, Stanford Medicine. <http://med.stanford.edu/liver/education/whatishepb.html>

³ Hepatitis B – When Someone in the Family has Hepatitis B. Know Hepatitis B. Center for Disease Control and Prevention. <https://www.cdc.gov/knowhepatitisb/PDFs/FactSheet-HepBFamily.pdf>

⁴ Vaccination. Hepatitis B Foundation. <https://www.hepb.org/prevention-and-diagnosis/vaccination/>

⁵ Protecting Your Baby from Hepatitis B – What Pregnant Women Need to Know. Charles B. Wang Community Health Center. http://www.cbwchc.org/HEMaterial/Docs/Protecting%20Your%20Baby%20From%20Hep%20B_Web_English.pdf

⁶ Asian Americans and Pacific Islanders and Chronic Hepatitis B, Centers for Disease Control and Prevention