What is Hepatitis?
Hepatitis is a disease that can seriously damage your liver and make you very ill if you do not get treatment.

Some types of hepatitis will pass without causing lasting damage to the liver. Other types can last for many years and cause cirrhosis which is scarring of the liver.

There are different kinds of hepatitis caused by viruses that can be passed on from person to person in different ways.
Hepatitis C is a virus passed through blood to blood contact such as:

- Sharing needles for injecting drugs
- Sharing spoons and other drug taking equipment
• Sharing needles for tattooing and body piercing with unclean equipment

• Sex (where blood is present)

• Sharing toothbrushes (because of bleeding gums)
• Sharing razors (because people may have cut themselves)

• Medical treatment or tattooing and piercing in foreign countries such as India, Africa, Central and South America, the Far East and Eastern Europe

**Hepatitis B** can be passed between people through:

• Blood (in the same ways as hepatitis C)
- From an infected mother passing it to her child at birth.
- Semen
- and Vaginal fluids
How do I know if I have hepatitis?

Some people may experience signs of liver failure such as:

- Headaches
- Feeling sick
- Being sick
- Muscle and joint pain, a high temperature (fever) of 38C / 104F or more
- Sometimes a yellowing of the eyes and skin. This is called jaundice
Not everyone who has hepatitis will get symptoms they can see. The virus can harm your liver even if there are no signs.

It is important to think carefully about whether you may have been at risk.

If you think you might have been at risk you should get tested.
If you do have the virus and do not get treatment you could risk getting chronic liver disease.

The difference between hepatitis B and C

There is a vaccine that protects against getting hepatitis B.

There is no vaccine for hepatitis C.
Both viruses can be caught by blood to blood contact.

Hepatitis B is easier to catch than hepatitis C and can also be passed on through saliva, semen and vaginal fluids.

Hepatitis C can only be passed on where blood is present.
Hepatitis B can be passed on through having unprotected sex with a person who is infected. Hepatitis C is much less likely to be passed on in this way unless blood is present.

It can be passed from a pregnant woman to her baby at birth.

Neither virus is easily spread through day to day contact. You cannot get hepatitis B or C by shaking hands, coughing or sneezing or by using the same toilet.
There are different treatments for the 2 viruses:

Hepatitis B can be controlled with treatment.

With the right treatment, Hepatitis C can be cured in many cases.

You should get tested for Hepatitis C if you think you have been at risk.
**Hepatitis A** is more common in countries lacking proper toilets and clean drinking water.

It is usually caught by putting something in your mouth that has had contact with the poo of someone with hepatitis A.

A vaccination can protect you if you travel to countries such as India, Africa, Central and South America, the Far East or Eastern Europe.
If you have hepatitis B or C it is important to have a healthy lifestyle to help you to stay well.

Alcohol, smoking, and eating fatty foods can make liver disease worse.

Being overweight or extreme dieting and eating too little also has a bad affect on your liver. Try to keep a healthy weight.
Try to avoid drinking too much alcohol and to stop smoking.

Try to eat less fat and eat more fruit and vegetables.

Ask a nurse or doctor for advice on how to do this.
How can I stay safe and free of hepatitis?

• Never share needles, syringes, spoons or filters with other drug users.

• Do not share bank notes or straws to snort cocaine.

• Avoid fighting and do not bite other people. Any activity that draws blood can put you at risk.
• **Use a condom** during sex: including anal and oral sex.

• **Get vaccinated** for hepatitis A and B if you are anywhere where the risk is high, for example, high risk parts of the world or in prison.
It is important to know if you do have hepatitis so that you can get the right medical help you need to stay well.

If you are worried that you might have hepatitis see your doctor.

Knowing for certain that you have hepatitis means you can be extra careful not to pass it on to the people you are close to.

If you are worried about hepatitis the following organisations can give you advice and information:
If you have any questions, you can talk to your GP or nurse.

Sexual health/Genito Urinary Medicine (GUM) clinics provide free, confidential advice. Look at **NHS Choices** website for more information:

www.nhs.uk/Livewell/STIs/Pages/VisitinganSTIclinic.aspx

The Terrence Higgins Trust website has a local clinic finder:
