

shown to be safe. Make sure you get these three important shots. These shots are usually given over a period of six months.

To protect yourself against hepatitis B, you have to get three shots.

Where can I get hepatitis B shots?

Ask your doctor to vaccinate you against this disease. Some school clinics also offer these shots. If you don't have a doctor or school clinic, or you can't afford the shots, contact your city or county health department.

Do I need any other shots?

Maybe. Vaccines can protect you against many serious diseases including chickenpox, tetanus, diph-

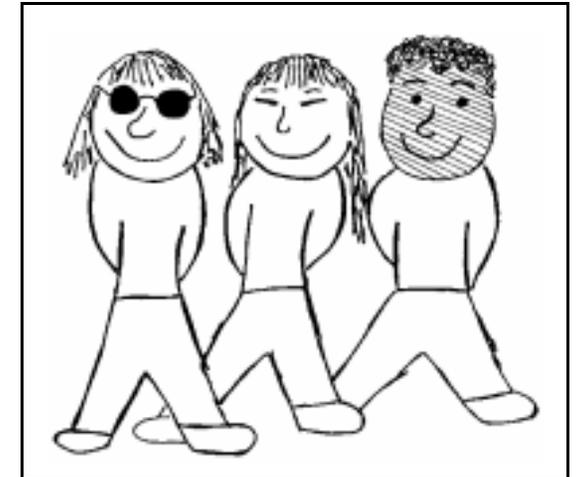
theria, measles, mumps, rubella, hepatitis A, influenza, and pneumococcal disease. Ask your health care provider to help you figure out which shots you need.

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Item #P4100 (6/97)

Every week
hundreds of
teenagers are
infected with
hepatitis B



Get vaccinated
against this
disease!!

What is hepatitis B?

Hepatitis B is a serious liver disease caused by a virus. The virus can enter the blood stream, attack the liver, and cause severe illness - even death. In some cases, the virus can remain in the body for a lifetime and cause ongoing liver damage - including liver cancer.

- Coming in contact with someone's blood
- Tattoos or body-piercing with unsterile equipment

You do NOT get hepatitis B from sneezing, coughing, or holding hands.

Will I feel really sick if I get hepatitis B?

Different people get different symptoms. You could get extremely sick (one out of three do). Your symptoms may include any of the following:

- yellowish tinged skin and eyes
- a bloated belly that hurts
- loss of appetite, extreme tiredness
- a feeling that you want to vomit
- fever
- dark-colored urine
- a rash all over your body

Some infected people never feel sick. They can still infect others and develop severe liver disease later on.

Hepatitis B infects one out of every 20 Americans at some time during their lives.

Do many people get hepatitis B?

Each year over a quarter of a million people are infected with hepatitis B. Over one million people in the U.S. have this virus in their blood. Every week hundreds of teenagers get hepatitis B.

How do I protect myself against hepatitis B?

To protect yourself against hepatitis B, you have to get three shots. The hepatitis B vaccine is one of the safest vaccines available. It has been used in the U.S. since 1982 and has been

A.J. was 15 years old when she died of hepatitis B. Her family had big dreams for her. Three shots could have saved her life.

How do teens get hepatitis B?

Lots of ways. Hepatitis B is spread by:

- Sex
- Sharing needles, toothbrushes, or razors