

Protect Yourself from **Hepatitis B**...

Get vaccinated!

What is hepatitis B?

Hepatitis B is a serious liver disease caused by a virus.

How do you catch it?

You can get infected with hepatitis B if you have contact with an infected person's blood or other body fluids. This can happen during sex, or just by sharing personal items like a toothbrush or razor. Babies can get infected from their mother during birth.

Is it serious?

Ask your healthcare provider if you need this vaccine!

Yes! If you get infected, you can be sick for weeks or months, be hospitalized, and even die. Some people don't feel sick but can still spread the virus to others.

For some people, the virus remains in their body for years. During this time, the virus can attack the liver and cause serious problems like liver failure or cancer.



Am I at risk?

You are more likely to become infected with the virus if you are exposed to blood at your workplace, have diabetes, travel to certain countries, have sex with an infected person, or use illegal drugs. However, many people are not sure how they got infected.

How can I protect myself from hepatitis B?



Vaccination is the best way to prevent hepatitis B.

Older children and teens who weren't vaccinated as infants should get a series of hepatitis B shots as soon as possible.

Many adults need hepatitis B vaccination too.

► For more information, visit www.vaccineinformation.org

For other vaccine handouts in this series, visit www.immunize.org/vaccine-summaries

immunization
action coalition
IAC
immunize.org

Saint Paul, Minnesota • www.immunize.org
www.immunize.org/catg.d/p4404.pdf • Item #P4404 (4/20)