

## July 28 is Hepatitis Awareness Day

Want to learn the ABCs?



Take the [Hepatitis Risk Assessment](#)

### Hepatitis A

- Hepatitis A is a liver infection caused by the Hepatitis A virus (HAV).
- Hepatitis A is highly contagious and is food borne.
- It is usually transmitted by the fecal-oral route, either through person-to-person contact or consumption of contaminated food or water.
- Hepatitis A is a self-limited disease that does not result in chronic infection
- The best way to prevent Hepatitis A is by getting vaccinated. (Before travel or during an outbreak.)

### Hepatitis B

- Hepatitis B is a liver infection caused by the Hepatitis B virus (HBV).
- Hepatitis B is transmitted when blood, semen, or another body fluid from a person infected with the Hepatitis B virus enters the body of someone who is not infected. This can happen through sexual contact; sharing needles, syringes, or other drug-injection equipment; or from mother to baby at birth.
- For some, hepatitis B is an acute, or short-term, illness but for others, it can become a long-term, chronic infection. Risk for chronic infection is related to age at infection: approximately 90% of infected infants become chronically infected, compared with 2-6% of adults.
- **Chronic Hepatitis B can lead to serious health issues, like cirrhosis or liver cancer.**
- The best way to **prevent Hepatitis B is by getting vaccinated.**

### Hepatitis C

- People born from 1945-1965 are 5 times more likely to have Hepatitis C. That's why the CDC recommends everyone born from 1945-1965 get tested for Hepatitis C.
- Hepatitis C can cause liver damage and liver failure.

- Over time, chronic Hepatitis C can cause serious health problems including liver damage, cirrhosis, liver cancer, and even death.
- **Hepatitis C is a leading cause of liver cancer and the #1 cause of liver transplants.**
- Many people can get lifesaving care and treatment.
- Knowing you have Hepatitis C can help you make important decisions about your health. Successful treatments can eliminate the virus from the body and prevent liver damage, cirrhosis, and even liver cancer.

**Reference** <https://www.cdc.gov/hepatitis/index.htm>

**If you have questions, contact the OMC clinicians or your primary care physician.**