Viral Hepatitis

Hepatitis is a virus. It can damage your liver. The virus can be in your body for a long time. People who are infected need to learn how to take care of themselves. Infected people need to learn how to keep the virus from spreading to other people. Ask your doctor about vaccines for Hepatitis A and B. These vaccines can prevent hepatitis in family and friends. See your doctor right away if you are exposed to hepatitis.

HEPATITIS A

HOMECARE

- Rest and do not drink alcohol for as long as your doctor tells you.
- **Do not** take sleeping pills.
- Ask your doctor about testing and treatment for your family and/or your sex partners.
- Pregnant women with hepatitis may need extra care by their doctor.
- Wash your hands after using the toilet.
- Clean any articles soiled with poop.
- If you have hepatitis, do not prepare food for other people.
- **Do not** share knives, forks, spoons, cups, toothbrushes or toys.
- Always use a condom when having sex.
- Tell any doctors, dentists or nurses who may be caring for you that you have Hepatitis A.

HEPATITIS B

HOMECARE

- Rest and do not drink alcohol for as long as your doctor tells you.
- **Do not** take sleeping pills.
- Ask your doctor about testing and treatment for your family and/or your sex partners.
- Pregnant women with hepatitis may need extra care by their doctor.
- Wash clothing and soiled linen with detergent and water.
- Clean up blood spills and disinfect with bleach.
- **Do not** share razors, toothbrushes, cups or needles.
- Keep open wounds covered so that your blood does not get on anybody else.
- Always use a condom when having sex.
- Tell any doctors, dentists or nurses who may be caring for you that you have Hepatitis B.

HEPATITIS C

HOMECARE

- Rest and do not drink alcohol for as long as your doctor tells you.
- **Do not** take sleeping pills.
- Ask your doctor about testing and treatment for your family and/or your sex partners.
- Pregnant women with hepatitis may need extra care by their doctor.
- **Do not** share razors, toothbrushes or needles.
- Always use a condom when having sex.
- Tell any doctors, dentists or nurses who may be caring for you that you have Hepatitis C.

GET HELP RIGHT AWAY IF

- You can not keep fluids down.
- You become dehydrated.
- You have increasing belly pain.
- You become drowsy or confused.

Document Released: 05/06/2010
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