

# Viral Hepatitis



IH-1-90  
R.D. 3/03  
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Hepatitis is an inflammation of the liver.

It is caused by a virus which gets into the blood.

The virus infects the liver and can cause liver damage.

Since the virus can stay in the body for a long time, people who are infected need to learn how to take care of themselves and keep from spreading the virus to other people.

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Ask your doctor about vaccines for Hepatitis A and B which can be used to prevent hepatitis in family and friends.

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If you have been exposed to hepatitis see your doctor right away.

	<b>Hepatitis A</b>	<b>Hepatitis B &amp; D</b>	<b>Hepatitis C</b>
<b>How do I know if I have hepatitis?</b>	<ul style="list-style-type: none"> <li>• slightly yellow color to skin and eyes</li> <li>• nausea &amp; vomiting</li> <li>• diarrhea</li> <li>• loss of appetite</li> <li>• fever</li> <li>• dark urine</li> <li>• light-colored bowel movements</li> <li>• mild weight loss</li> <li>• feeling very tired</li> <li>• itchy skin</li> </ul>	<p>Same as hepatitis A <b>plus:</b></p> <ul style="list-style-type: none"> <li>• rash</li> <li>• headaches</li> <li>• pain in joints</li> <li>• you may not have any symptoms</li> </ul>	<p>Same as hepatitis A and B</p> <ul style="list-style-type: none"> <li>• you may not have any symptoms</li> </ul>
<b>How did I get it?</b>	<ul style="list-style-type: none"> <li>• From food and water handled by an infected person who has not washed their hands after using the bathroom.</li> <li>• From the bowel movements of infected people.</li> <li>• From eating contaminated seafood.</li> <li>• From deep kissing or rectal sex with an infected partner.</li> </ul>	<ul style="list-style-type: none"> <li>• From body fluids (blood, saliva, urine, tears, semen and vaginal secretions) of the infected person.</li> <li>• From deep kissing (hepatitis B) or sex.</li> <li>• IV drug use, needle sticks, tattooing, body piercing or exposure to infected blood.</li> </ul>	<ul style="list-style-type: none"> <li>• From needle sticks, IV drug use.</li> <li>• From a blood transfusion.</li> <li>• From body fluids (blood, saliva, semen and vaginal secretions) of the infected person, deep kissing or sex.</li> <li>• Sometimes the cause is unknown.</li> </ul>
<b>How should I take care of myself?</b>	<ul style="list-style-type: none"> <li>• Rest and don't drink alcohol for as long as your doctor tells you.</li> <li>• Don't take acetaminophen (Tylenol), salicylate (Aspirin) or sleeping pills.</li> <li>• Ask your doctor about testing and treatment for your family and/or your sex partners.</li> <li>• Pregnant women with hepatitis may need extra care by their doctors.</li> </ul>	<ul style="list-style-type: none"> <li>• Rest and don't drink alcohol for as long as your doctor tells you.</li> <li>• Don't take acetaminophen (Tylenol), salicylate (Aspirin) or sleeping pills.</li> <li>• Ask your doctor about testing and treatment for your family and/or your sex partners.</li> <li>• Pregnant women with hepatitis may need extra care by their doctors.</li> </ul>	<ul style="list-style-type: none"> <li>• Rest and don't drink alcohol for as long as your doctor tells you.</li> <li>• Don't take acetaminophen (Tylenol), salicylate (Aspirin) or sleeping pills.</li> <li>• Ask your doctor about testing and treatment for your family and/or your sex partners.</li> <li>• Pregnant women with hepatitis may need extra care by their doctors.</li> </ul>
<b>How do I keep from it spreading to other people?</b>	<ul style="list-style-type: none"> <li>• <b>Wash your hands</b> after using the toilet.</li> <li>• Clean any articles soiled with bowel movements.</li> <li>• If you have hepatitis do not prepare food for other people.</li> <li>• Do not share knives, forks, spoons, cups, toothbrushes or toys.</li> <li>• Always use a condom when having sex.</li> <li>• Tell any doctors, dentists or nurses who may be caring for you that you have Hepatitis A.</li> </ul>	<ul style="list-style-type: none"> <li>• Wash clothing and soiled linen with detergent and water.</li> <li>• Clean up blood spills - disinfect with bleach.</li> <li>• Don't share razors, toothbrushes, cups or needles.</li> <li>• Keep open wounds covered so that your blood doesn't get on anybody else.</li> <li>• Always use a condom when having sex.</li> <li>• Tell any doctors, dentists or nurses who may be caring for you that you have Hepatitis B.</li> </ul>	<ul style="list-style-type: none"> <li>• Don't share razors, toothbrushes or needles.</li> <li>• Always use a condom when having sex.</li> <li>• Tell any doctors, dentists or nurses who may be caring for you that you have Hepatitis C.</li> </ul>