

Chronic Hepatitis B

Taking Care of Yourself



1. See your doctor once or twice a year ~

You will need blood tests to check your liver's health.
You may need other tests, such as an ultrasound.
Talk to your doctor about possible treatment.

2. Don't take over the counter medications unless you tell your doctor~

Some medications can do harm to your liver.

3. Don't drink alcoholic beverages ~

Alcohol can further damage your liver



4. Get vaccinated ~

Avoid getting sick by getting an annual flu vaccine
Protect your liver from other germs that can cause damage, such as Hepatitis A.

5. Avoid eating raw oysters ~

Raw oysters carry bacteria called *Vibrio vulnificus* which can cause serious blood infections in persons with liver disease. 

6. Protect the ones you love ~



Make sure your sexual and household contacts know you have hepatitis B.
Make sure all sexual and household contacts are tested and vaccinated for their protection.
Practice safe sex (condoms) unless your partner has had hepatitis B or is protected by vaccine.

7. Do not donate... ~

...blood, plasma, body organs, tissues, or sperm.

8. Do not share ~

...toothbrushes, razors, needles, nail files, nail clippers, nail scissors, washcloths,
or anything that may have come in contact with your blood or body fluids.
Do not share food that has been in your mouth.
Do not share syringes or needles.



9. Exposure to your blood ~

Make sure all open cuts and sores are covered with a bandage.
Make sure to throw away used personal items, such as tissues, menstrual pads in a bag.
Wash your hands well with soap and water after touching your blood or body fluids.
Clean up your blood spills; re-clean with a solution of 1 part bleach to 10 parts water.

If someone is exposed to your blood, preventative treatment is available.
Prompt evaluation and treatment (within a few days) is necessary
to prevent transmission of hepatitis B virus.