

**HepQuick:**  
Transmission, Risk,  
Prevention and Vaccination  
Information

Hepatitis A	
<u>Transmission</u>	<ul style="list-style-type: none"> <li>* HAV is found in the stool (feces) of persons with hepatitis A.</li> <li>* HAV is usually spread from person to person by putting something in the mouth (even though it may look clean) that has been contaminated with the stool of a person with hepatitis A.</li> </ul>
<u>Persons at Risk of Infection</u>	<ul style="list-style-type: none"> <li>* Household contacts of infected persons</li> <li>* Sex contacts of infected persons</li> <li>* Persons, especially children, living in, or traveling to urban and rural areas of the US with increased rates of hepatitis A during the baseline period from 1987-1997. The eleven higher incidence states are Arizona, Alaska, Oregon, New Mexico, Utah, Washington, Oklahoma, South Dakota, Idaho, Nevada, and California. Intermediate incidence states are: Missouri, Texas, Colorado, Arkansas, Montana and Wyoming.</li> <li>* Persons traveling to countries where hepatitis A is common. Prevalence is high or medium in <u>all</u> but the following countries: U.S., Canada, Iceland, Scandinavia, Western Europe, Australia, and New Zealand.</li> <li>* Men who have sex with men</li> <li>* <u>Injecting and non-injecting drug users</u></li> </ul>
<u>Prevention</u>	<ul style="list-style-type: none"> <li>*Hepatitis A vaccine is the best protection.</li> <li>*Short-term protection against hepatitis A is available from immune globulin. It can be given before and within 2 weeks after coming in contact with HAV.</li> <li>*Always wash your hands with soap and water after using the bathroom, changing a diaper, and before preparing and eating food.</li> </ul>
<u>Vaccine Recommendations</u>	<p>Vaccine is recommended for the following persons 2 years of age and older:</p> <ul style="list-style-type: none"> <li>*People traveling to areas with increased rates of hepatitis A (see above) who are not originally from those areas (and thus not likely to have acquired immunity).</li> <li>*Men who have sex with men</li> <li>*Injecting and non-injecting drug users</li> <li>*Persons with clotting-factor disorders (e.g. hemophilia)</li> <li>*Persons with chronic liver disease</li> <li>*Children living in US areas with increased rates of hepatitis A during the baseline period from 1987-1997. (see above)</li> </ul>

Hepatitis B	
<u>Transmission</u>	<p>Occurs when blood or body fluids from an infected person enters the body of a person who is not immune.</p> <ul style="list-style-type: none"> <li>*HBV is spread through having sex with an infected person without using a condom (the efficacy of latex condoms in preventing infection with HBV is unknown, but their proper use may reduce transmission), by sharing drugs, needles, or "works" when "shooting" drugs, through needlesticks or sharps exposures on the job, or from an infected mother to her baby during birth.</li> </ul> <p>Persons at risk for HBV infection might also be at risk for infection with hepatitis C virus (HCV) or HIV.</p>
<u>Persons at Risk of Infection</u>	<ul style="list-style-type: none"> <li>*Persons with multiple sex partners or diagnosis of a sexually transmitted disease</li> <li>*Men who have sex with men</li> <li>*Sex contacts of infected persons</li> <li>*Injection drug users</li> <li>*Household contacts of chronically infected persons</li> <li>*Infants born to infected mothers</li> <li>*Infants/children of immigrants from areas with high rates of HBV infection. This may include Guatemala, Honduras, El Salvador, the Dominican Republic, &amp; Haiti</li> <li>*Health care and public safety workers</li> <li>*Hemodialysis patients</li> </ul>
<u>Prevention</u>	<p>Hepatitis B vaccine is the best protection.</p> <ul style="list-style-type: none"> <li>*If you are having sex, but not with one steady partner, use latex condoms correctly and every time you have sex. The efficacy of latex condoms in preventing infection with HBV is unknown, but their proper use may reduce transmission.</li> <li>*If you are pregnant, you should get a blood test for hepatitis B; Infants born to HBV-infected mothers should be given HBIG (hepatitis B immune globulin) and vaccine within 12 hours after birth.</li> <li>*Do not shoot drugs; if you shoot drugs, stop and get into a treatment program; if you can't stop, never share drugs, needles, syringes, water, or "works", and get vaccinated against hepatitis A and B.</li> <li>*Do not share personal care items that might have blood on them (razors, toothbrushes).</li> <li>*Consider the risks if you are thinking about getting a tattoo or body piercing. You might get infected if the tools have someone else's blood on them or if the artist or piercer does not follow good health practices.</li> <li>*If you have or had hepatitis B, do not donate blood, organs, or tissue.</li> <li>*If you are a health care or public safety worker, get vaccinated against hepatitis B, and always follow routine barrier precautions and safely handle needles and other sharps.</li> </ul>
<u>Vaccine Recommendations</u>	<p>Hepatitis B vaccine available since 1982</p> <ul style="list-style-type: none"> <li>*Routine vaccination of 0-18 year olds</li> <li>*Vaccination of risk groups of all ages (see section on risk groups)</li> </ul>

Hepatitis C																															
<u>Transmission</u>	<p>Occurs when blood or body fluids from an infected person enters the body of a person who is not infected.</p> <ul style="list-style-type: none"> <li>*HCV is spread through sharing needles or "works" when "shooting" drugs, through needlesticks or sharps exposures on the job, or from an infected mother to her baby during birth.</li> <li>*Persons at risk for HCV infection might also be at risk for infection with hepatitis B virus (HBV) or HIV.</li> </ul>																														
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	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;"></th> <th style="width: 20%; text-align: center;">Risk</th> <th style="width: 20%; text-align: center;">Testing</th> </tr> </thead> <tbody> <tr> <td>Injecting drug users</td> <td style="text-align: center;">H</td> <td style="text-align: center;">Y</td> </tr> <tr> <td>Recipients of clotting factors made before 1987</td> <td style="text-align: center;">H</td> <td style="text-align: center;">Y</td> </tr> <tr> <td>Hemodialysis patients</td> <td style="text-align: center;">I</td> <td style="text-align: center;">Y</td> </tr> <tr> <td>Recipients of blood and/or solid organs before 1992</td> <td style="text-align: center;">I</td> <td style="text-align: center;">Y</td> </tr> <tr> <td>People with undiagnosed liver problems</td> <td style="text-align: center;">I</td> <td style="text-align: center;">Y</td> </tr> <tr> <td>Infants born to infected mothers</td> <td style="text-align: center;">I</td> <td style="text-align: center;">*</td> </tr> <tr> <td>Healthcare/public safety workers</td> <td style="text-align: center;">L</td> <td style="text-align: center;">**</td> </tr> <tr> <td>People having sex with multiple partners</td> <td style="text-align: center;">L</td> <td style="text-align: center;">No***</td> </tr> <tr> <td>People having sex with an infected steady partner</td> <td style="text-align: center;">L</td> <td style="text-align: center;">No***</td> </tr> </tbody> </table>		Risk	Testing	Injecting drug users	H	Y	Recipients of clotting factors made before 1987	H	Y	Hemodialysis patients	I	Y	Recipients of blood and/or solid organs before 1992	I	Y	People with undiagnosed liver problems	I	Y	Infants born to infected mothers	I	*	Healthcare/public safety workers	L	**	People having sex with multiple partners	L	No***	People having sex with an infected steady partner	L	No***
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<p><i>H = High L = Low I = Intermed.</i></p> <p><i>*After 18-12 months</i></p> <p><i>**Only after known exposure</i></p> <p><i>*** Anyone who wants testing should ask their doctor</i></p>																															
<u>Prevention</u>	<p>There is no vaccine to prevent hepatitis C.</p> <ul style="list-style-type: none"> <li>*Do not shoot drugs; if you shoot drugs, stop and get into a treatment program; if you can't stop, never share needles, syringes, water, or "works", and get vaccinated against hepatitis A &amp; B.</li> <li>*Do not share personal care items that might have blood on them (razors, toothbrushes).</li> <li>*If you are a health care or public safety worker, always follow routine barrier precautions and safely handle needles and other sharps; get vaccinated against hepatitis B.</li> <li>*Consider the risks if you are thinking about getting a tattoo or body piercing. You might get infected if the tools have someone else's blood on them or if the artist or piercer does not follow good health practices.</li> <li>*HCV can be spread by sex, but this is rare. If you are having sex with more than one steady sex partner, use latex condoms correctly and every time to prevent the spread of sexually transmitted diseases. You should also get vaccinated against hepatitis B.</li> <li>*If you are HCV positive, do not donate blood, organs, or tissue.</li> </ul>																														
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# HepQuick

Basic Hepatitis Facts  
from

## HepTalk

A joint project  
of the Migrant Clinicians Network  
and  
Community Health Education Concepts

How can I help you?  
?Como le puedo ayudar?

Promoting effective communication  
about hepatitis risk and prevention between clinicians and patients.

Adapted by the HepTalk Project  
for the Migrant Clinicians Network  
from Division of Viral Hepatitis,  
Centers for Disease Control and Prevention,  
National Center for Infectious Diseases  
<http://www.cdc.gov/ncidod/diseases/hepatitis/index.htm>  
Additional information can be found at  
<http://www.migrantclinician.org/excellence/hepatitis>  
*Hepatitis Screening, Immunization, and Testing  
for Mobile Populations and Immigrants from Mexico,  
Central and South America, and the Caribbean*  
Migrant Clinicians Network, Inc.  
Position Paper  
May 2005

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