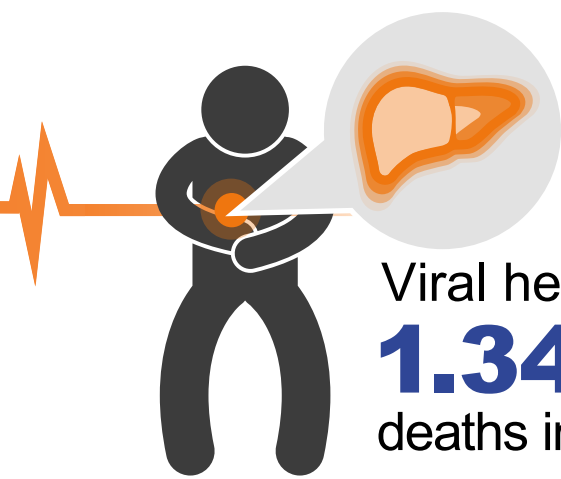


VIRAL HEPATITIS FACTS

Hepatitis is an **inflammation** of the **liver**



Viral hepatitis caused **1.34 million** deaths in 2015*



Hepatitis is present **worldwide***

There are **4 main viruses** that can cause hepatitis:



HOW IS HEPATITIS SPREAD?



Faecal-oral Route

Contaminated food and water
Raw or undercooked food
Contaminated objects



Blood-borne Route

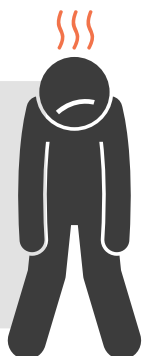
Exposure to infected body fluids
- blood or semen
Through sharing needles and syringes
From an infected mother to her unborn child



Person-to-person Contact

Sexual contact with infected person
From patient to parent or caregiver

Common symptoms of hepatitis



- > Fever
- > Fatigue
- > Loss of appetite
- > Nausea/vomiting
- > Abdominal discomfort/pain
- > Jaundice (yellowing of skin and eyes); dark urine



Visit your doctor and get tested!

Many people do not show symptoms of hepatitis, yet can spread the illness.

PREVENT HEPATITIS!



Wash your hands with safe water and soap



Choose safe food and water



Practise good sanitation and proper waste disposal

Only use needles once and ensure they are sterile



Don't share personal items such as toothbrushes and razors



Practise safer sex, use condoms



There are vaccines to protect people from **hepatitis A and B**

There is a vaccine for hepatitis E but only available in China.**

Speak to your doctor and get vaccinated if you are at risk



Source:

* World Health Organization - Global Hepatitis Report 2017

** World Health Organization - Hepatitis E Fact sheet, July 2016

This infographic has been developed for educational purposes only and is correct at the time of publication. It is not a substitute for professional medical advice. Should you have any questions or concerns about any topic in the infographic, please consult your medical professional.

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