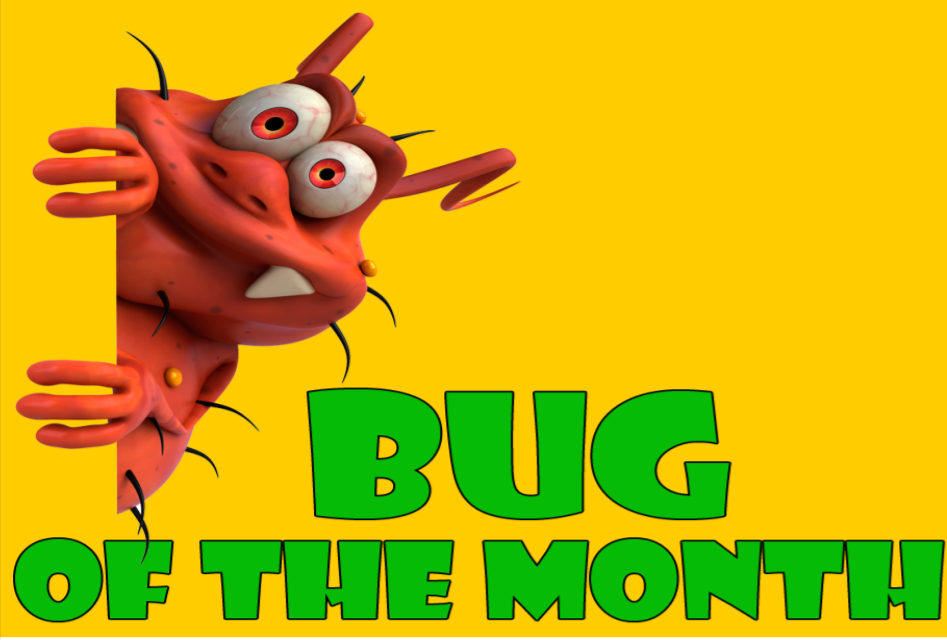


# For Staff /Patient Education



# Hepatitis B, C & D

July 2016

## What is it?

- Hepatitis virus types **A, B, C, D and E** cause infection and inflammation of the liver that can lead to severe disease and death.
- More than 1 MILLION PEOPLE DIE each year from disease caused by hepatitis B & C.
- Most of those infected don't know they have it, **INCREASING THE RISK** of developing severe liver disease and transmitting the virus to others.
- **YOU ARE AT RISK IF:** You've ever had medical or dental treatment with unsterile instruments. You've received a blood transfusion in a country that does not test for hepatitis. Your mother was infected with hepatitis when you were born. You have ever injected drugs. You are living with HIV.
- HBV is found in highest concentrations in blood and in lower concentrations in other body fluids (e.g., semen, vaginal secretions, and wound exudates). HBV can survive outside the body at least 7 days. During that time, the virus can still cause infection if it enters the body of a person who is not infected.
- There is no vaccine for hepatitis C and B, therefore prevention of infection depends upon reducing the risk of exposure to the virus in health-care settings, in higher risk populations, for example, people who inject drugs, and through sexual contact.
- Hepatitis D or delta hepatitis is caused by the hepatitis delta virus (HDV), a defective RNA virus. HDV requires the help of a hepadnavirus like hepatitis B virus(HBV) for its own replication.

## How is it spread?

- Transmitted percutaneously or sexually through contact with infected blood or blood products.

## Where is it found?

- Human is the natural reservoir; HDV however can be experimentally transmitted to chimpanzees and woodchucks that are infected with HBV

## Prevention and Control?

- The hepatitis B vaccine is the mainstay of hepatitis B prevention.
- There is no vaccine for hepatitis C & D therefore prevention of infection depends upon reducing the risk of exposure to the virus in health-care settings, in higher risk populations.
- Since HDV is dependent on HBV for replication, control of HDV infection is achieved by targeting HBV infections. All measures aimed at preventing the transmission of HBV will prevent the transmission of hepatitis D. HBV vaccination is therefore recommended to avoid HBV-HDV coinfection

### Ways to protect yourself

- NEVER share needles, razors or toothbrushes
- If you are pregnant, talk to your doctor about how to prevent transmission to your baby
- Use only sterilized tattoo and piercing instruments
- Use condoms correctly and consistently
- Where possible, choose oral medications instead of injections

#### For more information contact:



Ms. Lucita B. Cando, BSN-RN /  
Infection Control Practitioner  
Email: candolb@alj.com  
Telephone No: (012) 6770001 local 1611

#### Source:

<http://www.who.int/campaigns/hepatitis-day/2015/en/>



World Health  
Organization

Abdul Latif Jameel Hospital  
Infection Prevention  
and Control Department  
(IPCD)

