

# July 28, 2015 is World Hepatitis Awareness Day

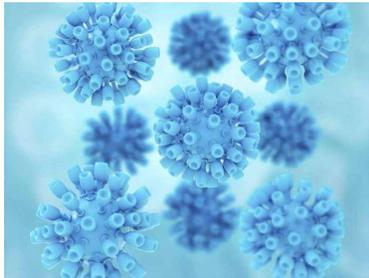
To increase public awareness of hepatitis and its prevention, the **Louisiana State Board of Nursing** is proudly participating in World Hepatitis Awareness Day through the sharing of information about the disease.

## DID YOU KNOW?

Worldwide, **400 million people** are living with hepatitis B or C. Every year, **1.4 million people die** from viral hepatitis. Hepatitis causes **80%** of liver cancer deaths. Hepatitis C virus is **10 times more infectious** than HIV. Hepatitis is **preventable**. By educating people about the prevention of hepatitis, **4,000** lives could be saved every day!



## WHAT IS HEPATITIS?



Viral hepatitis is inflammation of the liver caused by a virus. There are five different types of hepatitis:

**Hepatitis A** is spread mainly through eating food or drinking water contaminated with the feces of an infected person. It can also be spread by eating raw shellfish that have come from water contaminated by sewerage. There is a vaccination for hepatitis A.

**Hepatitis B** is transmitted through contact with the blood or other body fluids of an infected person. It can also be passed on from mother to child during childbirth. There is a vaccination for hepatitis B.

**Hepatitis C** is mainly spread through blood-to-blood contact. To reduce risk of infection, avoid sharing needles, toothbrushes, razors, nail scissors, and avoid getting tattoos or piercings from unlicensed facilities. There is no vaccination for hepatitis C.

**Hepatitis D** is spread through contact with infected blood. It is only found in people who are already infected with the hepatitis B virus. To prevent hepatitis D, you should get vaccinated against hepatitis B.

**Hepatitis E** is spread mainly through eating food or drinking water contaminated with the feces of an infected person. It can also be spread by eating raw shellfish that have come from water contaminated by sewerage. There is a vaccination for hepatitis E, but it is not widely available.

**PREVENT HEPATITIS:  
IT'S UP TO YOU**

If you know how hepatitis is transmitted, you can reduce the risks:

- Sharing toothbrushes and razors
- Sharing drug using equipment
- Unscreened blood transfusions
- Unsafe injections
- Unprotected sex
- Mother to child

**TAKE ACTION:**

**GET VACCINATED**  
Hepatitis B is vaccine preventable

**GET TESTED**  
Testing is quick, simple, and painless

**GET TREATED**  
New hepatitis C treatments cure 90-95% of patients<sup>6</sup>  
Hepatitis B cannot be cured but it can be treated

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