

HEPATITIS



Approximately **1 in 12 persons** worldwide, are living with chronic viral hepatitis.



WHAT IS HEPATITIS?



Hepatitis is an inflammation of the liver, most commonly caused by a viral infection.

There are five hepatitis viruses defined by types
– type A, B, C, D and E

WHAT ARE THE SYMPTOMS?



Acute infection may occur with limited or no symptoms, or may include symptoms such as

- jaundice (yellowing of the skin and eyes)
- dark urine
- extreme fatigue
- nausea and vomiting
- abdominal pain

HOW IS IT TRANSMITTED?



- INFECTED BODILY FLUIDS

Types B, C and D are contracted through the blood of an infected person (e.g. unsafe injections or unsafe blood transfusions, mother to baby at birth) and in the case of hepatitis B and C, also through unprotected sex.

- CONTAMINATED FOOD & WATER

Types A and E are typically transmitted via contaminated water or food and closely associated with poor sanitation and poor personal hygiene.

WHY SHOULD I BE CONCERNED?



- Approximately **1 in 12 persons** worldwide, or some 500 million people, are living with chronic viral hepatitis.
- Types B and C account for **almost 80% of all liver cancer** cases.
- About **600 000 people die every year** due to the consequences of hepatitis B.
- Infected people may not experience symptoms at the early stage and only become aware of their infection when they are chronically ill.
- Hepatitis A can cause **acute liver failure**.

WHAT SHOULD I DO?



- Safe sex, safe injections, screened blood transfusions
- Wash hands, eat hygienically prepared food, avoid uncooked food, drink safe water and maintain good personal hygiene
- Educating society will go a long way in preventing Hepatitis.
- Vaccines have been developed for all the virus types except Hepatitis C virus.