

Hepatitis Essentials

Hepatitis is an inflammation of the liver. Hepatitis viruses are the most common cause of hepatitis in the world but other infections, toxic substances (e.g. alcohol, certain drugs), and autoimmune diseases can also cause hepatitis. Hepatitis A and E are typically caused by ingestion of contaminated food or water. Hepatitis B, C and D usually occur as a result of parenteral contact with infected body fluids.

Symptoms



Yellow
Skin &
eyes



Fever &
fatigue



Loss of
appetite



Nausea/v
omiting



Abdomina
l Pain

Protection

- ✓ Get vaccinated against hepatitis B
- ✓ Use condoms during sex
- ✓ Do not share tooth brushed , razors nail clippers
- ✓ Do not share needles
- ✓ Ask for blood or blood products to be screened for hepatitis B and C
- ✓ Cook food and boil water thoroughly before consuming
- ✓ Wash hands with soap and water before cooking or eating and after visiting the toilet



Reference: World Health Organization