



# World Hepatitis Day

## Hepatitis can't wait



While we may be focused on keeping ourselves safe from the Coronavirus pandemic, we need to understand that there are many other viruses out there, waiting to infect us, if and when we let down our guard.

The five main strains of the Hepatitis Virus - A, B, C, D, and E - cause more than a million deaths and millions of more new infections per year, affecting primarily the liver, the main workhorse of the human body:

- People living with Hepatitis can't wait for life-saving treatments
- We cannot wait to prevent transmission from mothers to their babies
- Newborn babies can't wait for their Hepatitis B vaccination at birth
- We cannot wait to educate people on means to protect themselves from Hepatitis

### Hepatitis A & E Transmission



Mostly through contaminated food and water



Sexual contact with an infected person

### Hepatitis B & C Transmission



Sexual contact



Mother to baby



Needle stick injury



Infected blood and blood products

### Prevention of Hepatitis



Consumption of safe drinking water and safe food



Vaccination against Hepatitis A & B



'Safe sex' practices



Screening of pregnant women



Ensuring safety of blood and blood products (All licensed blood banks follow prescribed processes to screen all products for Hepatitis viruses amongst others.)

COVID Appropriate Behaviour works to keep us safe from the Coronavirus. Let us also safeguard ourselves from Hepatitis by practicing 'safer' behaviours.



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PROMPT TESTING



PROMPT SELF ISOLATION



When possible, open windows & doors for ventilation