

## How did I get hepatitis B?

Anyone can get hepatitis B. You may have had it since birth or just been infected recently. You may have no symptoms or you may have an illness like the flu. Here's how you could have gotten hepatitis B:

- From your mother when you were born, if she had hepatitis B then. (Today a blood test is available for pregnant women, but it wasn't when you were born.) Hepatitis B is very common in people who are from Asia, the Pacific Islands, Alaska and parts of Africa.
- Growing up with someone who has Hepatitis B.
- Sharing razors or toothbrushes, or using tattoo, or ear piercing, or other needles used by someone who has hepatitis B. Just a **tiny** bit of their blood will do it.
- Having sexual contact with someone who has hepatitis B.

You did **not** get it from food or water.

## How do I protect my loved ones?

Your husband or sexual partner, your other children, and others living in your home need to have a hepatitis B blood test and/or hepatitis B vaccine. The test will show if they already had hepatitis B or if they are still at risk of catching it.

If they are at risk, they need the series of hepatitis B immunizations. They need #1 right away.

## How do I protect my baby?

Like all babies, your baby needs regular check-ups and childhood immunizations (IZs). Make very sure your baby gets each of the Hep B IZs on time. For your baby, these cannot be late!

## How do I protect others?

- Never share your toothbrush, razor, needles, or any item that could have your blood on it.
- Clean up any spills of your blood, vomit or other body fluids with a freshly made solution of water and bleach (1 tablespoon bleach to a quart of water.)
- Bandage your cuts or open sores. Wash your hands after touching your blood or body fluids.
- Inform your doctor, clinic or dentist you visit that you are hepatitis B positive.

*What if you  
are pregnant  
and your  
hepatitis B  
test is  
positive?*



**Here's how you can  
protect your baby and  
your loved ones.**

Arnold Schwarzenegger, Governor  
State of California

Kimberly Belshé, Secretary  
Health and Human Services Agency

Mark B. Horton, MD, MSPH, Director  
Department of Public Health

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# Your new baby will need 4 special immunizations.



**2 shots  
will be given  
at birth.\***

*\*Hepatitis B vaccine and Hepatitis B Immune Globulin (HBIG). Both will be given within 12 hours of birth.*



**Another shot\*\***

is needed when your baby is **one to two** months old.



**The final shot\*\***

will be needed when your baby is **six** months old.

*\*\*Hepatitis B vaccine.*

Without all four immunizations your baby could get very ill later. Get each one **on time**. If you get them late, your baby might not be protected. After the final shot your doctor should do a blood test to make sure your baby is protected.



# Protect your loved ones and take care of yourself.



Your loved ones can catch hepatitis B from you. They need hepatitis B tests and immunizations to protect them. As hepatitis B virus is in your blood, read on the back of this pamphlet "How do I protect my loved ones?" and "How do I protect others?"



You can have hepatitis B and feel fine. Or you may feel ill and weak. Many people get over it in a few months. Others carry the virus for years (even for life) and can pass it on to others. Only your doctor can judge this.

Visit the doctor once a year. This is essential because you could develop serious liver disease. Ask your doctor about drinking alcohol and taking medicines that could hurt your liver.

