

# Hepatitis B

*What Asian Americans need to know*

Asian Americans have the highest rates of hepatitis B infection among all ethnic groups in the United States and are at high risk for liver cancer.

## What is hepatitis B?

Hepatitis B is a serious disease caused by the hepatitis B virus. Hepatitis B can cause scarring of the liver, liver cancer and death.

## Why is hepatitis B an important health issue for Asian Americans?

One out of ten Asian Americans are already infected with the hepatitis B virus. Asian Americans have the highest rates of liver cancer of any ethnic group.

## How is hepatitis B spread?

The most common way that Asian Americans get hepatitis B is to be born with it. An infected mother can pass hepatitis B to her baby when the child is born.

Hepatitis B is spread through contact with blood and bodily fluids. It can be spread by:

- ☒ Sharing razors, toothbrushes, and other personal items
- ☒ Getting tattoos and body piercings with unclean needles
- ☒ Sharing unclean needles to inject drugs
- ☒ Having unprotected sex with someone who is infected

## Is hepatitis B spread by casual contact?

No, it is not spread by:

- ☒ Kissing on the cheek
- ☒ Coughing or sneezing
- ☒ Hugging or holding hands
- ☒ Eating food prepared by an infected person
- ☒ Breastfeeding
- ☒ Sharing eating utensils (like chopsticks or spoons)

## Who is at risk of becoming infected with hepatitis B?

- ☒ Asian Pacific Islanders
- ☒ Children born to infected mothers
- ☒ People who live with an infected person
- ☒ Health care and public safety workers
- ☒ People with many sex partners
- ☒ Injection drug users

## How do I know if I have hepatitis B?

You can be infected with hepatitis B and not even know it because you may not have any signs or symptoms. The only way to find out if you have hepatitis B is to take a blood test.

## What should I do if I have hepatitis B?

- ☒ See a doctor about treatment
- ☒ Eat right
- ☒ Do not drink alcohol
- ☒ Do not smoke
- ☒ Do not use drugs, herbal medicines or herbal teas that can harm the liver
- ☒ Do not use medications that can harm the liver
- ☒ Make sure your family members get tested

## What can I do to avoid hepatitis B?

Talk to your doctor about the hepatitis B vaccine which will protect you and your family. The vaccine is safe and effective. The best way to prevent hepatitis B is by getting vaccinated.

THINK B is the American Liver Foundation's nationwide campaign to increase hepatitis B awareness among Asian Americans and provide outreach and education to health care providers and patients. For more information, please visit [www.thinkb.org](http://www.thinkb.org).

The American Liver Foundation is the nation's leading nonprofit organization promoting liver health and disease prevention. We provide research, education, and advocacy for those affected by liver-related diseases, including hepatitis. For more information or to find a local chapter near you, visit [www.liverfoundation.org](http://www.liverfoundation.org). National HelpLine 800-GO-LIVER (800-465-4837).

The information contained in this brochure is provided for information only and does not constitute medical advice. The American Liver Foundation recommends that you consult your physician before pursuing any course of treatment.

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*Your Liver. Your Life.*

# Hom Kab Mob Siab B

*Yam Neeg Esxias Yuav Tsum Paub*

Neeg Esxias nquag muaj hom kab mob siab B ntau tshaj li tag nrho lwm haiv neeg hauv teb chaws Meskas thiab lawv muaj kam raug tau mob khees-xaws rau lub siab.

## Hom kab mob siab B yog dabtsi?

Hom kab mob siab B yog ib yam kab mob loj uas yog tus virus kab mob siab B tsim muaj. Hom kab mob siab B ua tau rau kom nplooj siab caws pliav, muaj mob khees-xaws siab thiab tuag taus.

## Vim li cas hom kab mob siab B thiaj yog ib yam mob uas neeg Esxias yuav tsum txhawj txog?

Ib leej ntawm kaum leej neeg Esxias twb raug tus kab mob siab B virus no lawm. Neeg Esxias nquag muaj mob khees-xaws siab ntau tshaj li tag nrho lwm haiv neeg.

## Hom kab mob siab B no kis tau li cas?

Feem coob cov neeg Esxias uas raug tus mob no yog raug tau thaum lawv yug los. Tus niam uas muaj hom kab mob siab B kis tau yam mob no rau nws tus menyuam mos thaum yug tus menyuam.

Hom kab mob siab B kuj kis tau yog tias nphav raug cov ntshav los sis kua ntawm nrog cev. Nws kis tau raws li no:

- ☑ Sib koom siv chais, pas txhuam hniav, los sis lwm yam khoom tu cev
- ☑ Mus zas duab rau daim tawv los sis tho lub cev es yog siv koob tsis huv
- ☑ Sib koom siv koob txhaj tshuaj uas tsis huv
- ☑ Nrog lwm tus neeg uas mob yam no pw ua ke yam tsis tiv thaiv zoo

## Hom kab mob siab B puas kis tau yog chwv raug?

Tsis, nws kis tsis tau raws:

- ☑ Hnia ntawm plhu
- ☑ Hnoov los sis txham
- ☑ Puag los sis tuav tes
- ☑ Noj cov zaub mov uas yog tus neeg mob npaj
- ☑ Noj mis niam
- ☑ Koom siv diav (xws li rawg los sis diav)

## Leej twg ntxim yuav raug tus kab mob siab B no?

- ☑ Neeg Esxias (Asian Pacific Islanders)
- ☑ Cov menyuam mos uas nws niam muaj tus mob thaum yug los
- ☑ Cov neeg nyob nrog ib tus neeg muaj tus mob no
- ☑ Cov neeg ua hauj lwm hauv chaw kho mob
- ☑ Cov neeg uas deev coob leej ntau tus
- ☑ Cov neeg uas txhaj yeeb tshuaj

## Kuv yuav ua li cas paub tias kuv muaj tus kab mob siab B?

Koj muaj tau tus kab mob siab B tab sis tej zaum koj paub tsis txog vim tias tsis muaj tsos mob tshwm? Tib txoj kev uas yuav paub tau tias koj puas muaj kab mob siab B yuav tsum yog koj mus kuaj ntshav xwb.

## Kuv yuav ua li cas yog tias kuv muaj hom kab mob siab B?

- ☑ Mus cuag kws kho mob nrhiav kev kho
- ☑ Noj zaub mov thwv
- ☑ Tsis txhob haus dej cawv
- ☑ Tsis txhob haus luam yeeb
- ☑ Tsis txhob siv tshuaj, tshuaj ntsuab los yog tshuaj yej uas yuav ua tau mob rau lub siab
- ☑ Tsis txhob siv ib yam tshuaj twg uas ua tau mob rau lub siab
- ☑ Xyuas kom cov hauv koj tsev neeg mus kuaj thiab

## Kuv yuav ua li cas thiaj zam tau kab mob siab B?

Nrog koj tus kws kho mob tham txog koob tshuaj txhaj tiv thaiv hom kab mob siab B uas yuav tiv thaiv tau koj thiab koj tsev neeg. Koob tshuaj siv tsis ua cas thiab yuav pab tau. Qhov yuav zam tau kab mob siab B yog txhaj koob tshuaj tiv thaiv.

THINK B yog ib qho kev npaj kev cob qhia thoob tebchaws los ntawm American Liver Foundation kom pab neeg Esxias paub txog tus kab mob siab B thiab cuag thiab cob qhia rau cov kws kho mob thiab neeg mob. Yog xav paub ntau ntxiv, mus saib rau [www.thinkb.org](http://www.thinkb.org).

Lub American Liver Foundation yog tebchaws lub koom haum uas ua thawj los pab txog kev kho lub siab thiab tiv thaiv kab mob. Peb muaj kev tshawb fawb, kev qhia, thiab kev nrog hais rau cov neeg uas raug kab mob hauv siab, xam li tus kab mob siab. Yog xav paub ntxiv los sis xav nrhiav ib chav nyob ze koj, mus saib [www.liverfoundation.org](http://www.liverfoundation.org). Tus xov tooj pabcuam 800-GO-LIVER (800-465-4837).

*Cov lus qhia rau hauv nplooj ntawv no yog qhia phij xwb thiab nws sawv cev tsis tau kws kho mob cov lus cob qhia. Lub American Liver Foundation pom zoo tias koj yuav tsum nrog koj tus kws kho mob tham ua ntej koj nrhiav ib txoj kev kho mob twg.*

