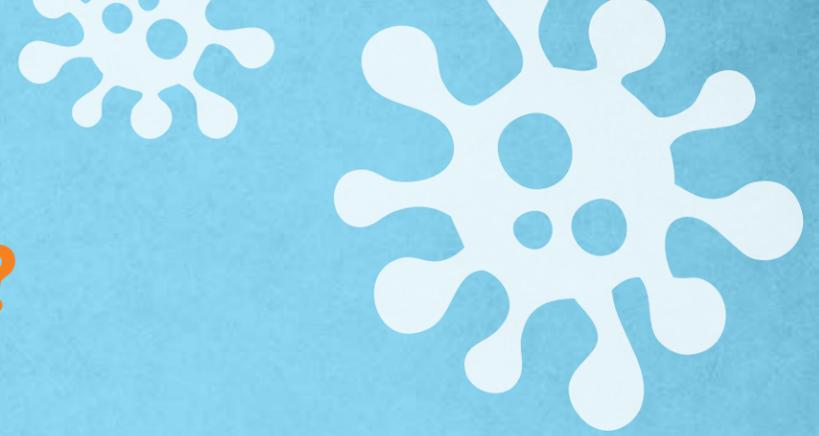


# What is hepatitis?



Hepatitis is the common name for all inflammatory diseases of the liver. Liver inflammation is most often caused by one of five types of viruses called hepatitis A, B, C, D and E. These viruses differ in the ways they are transmitted and in the forms of disease they cause. Viral hepatitis infections can go unnoticed in people when they do not result in symptoms. Symptoms of hepatitis include jaundice (yellowing of the skin and the whites of the eyes), weakness, nausea, vomiting, fever and loss of appetite.

Once a person is infected with hepatitis B or C, the viruses may live in the body forever and may gradually damage the liver, causing liver cirrhosis or even liver cancer. Testing for hepatitis B and C is the only way to know whether you are infected and is the first step to receiving care and treatment that prevents this liver damage.

Mandatory, compulsory or coercive hepatitis testing is never appropriate, whether that coercion comes from a health care provider, an employer, authorities or a partner or family member. All testing sites should ensure client confidentiality.

In the Eastern Mediterranean Region,  
8 out of 9 people with hepatitis are  
unaware of their infection.

**#Test4Hepatitis**



**Test for  
hepatitis B and C.  
It could save your  
life.**

WHO-EM/STD/198/E

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World Hepatitis Day, 28 July  
[www.emro.who.int/whepd18](http://www.emro.who.int/whepd18)

## Who should get tested for hepatitis B and C?

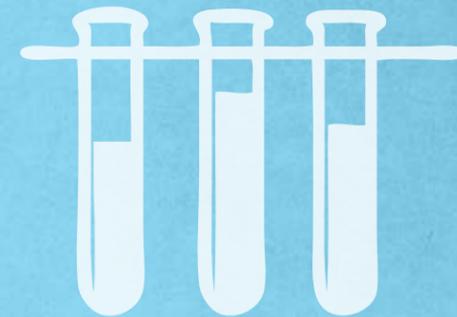


You should get tested for hepatitis B and C if:

- You are born and live in a country where hepatitis B and C are common among the general population.
- You have ever injected drugs.
- You have abnormal liver tests or chronic liver disease.
- You have HIV or a history of sexually transmitted disease.
- If you have had unprotected sex with an infected partner or with multiple sex partners.
- You have received a blood transfusion or organ transplant.
- You work in health care services.
- You have been exposed to contaminated injections or sharp objects.
- You have been on haemodialysis.
- You have been born to a mother with hepatitis B or C.

Pregnant women should get tested for hepatitis B. In addition to the benefits for her own health, once a pregnant woman knows her hepatitis B status she can take special measures to prevent transmitting the virus to her baby.

## Test for hepatitis C!



Why test for hepatitis C?

- You may have the virus and not know it. Many people can live with hepatitis C for decades without feeling sick.
- You can only determine your status through testing. If you find out you do not have the virus, you can take measures to reduce the chances of future infection. If you do have the infection, you can get effective treatment that can cure you.

What to do if you find that you have hepatitis C

- Do not panic. Hepatitis C can be cured.
- Consult your doctor as soon as possible. Your doctor will prescribe to you special medicines called direct acting antivirals, which are very effective in curing hepatitis C.
- The doctor will ask you to take a test at the end of your treatment course to make sure that you are cured. Make sure you take it.



## Test for hepatitis B!



Why test for hepatitis B?

- You may have the virus and not know it. Many people can live with hepatitis B for decades without feeling sick.
- If you find out that you are not infected with hepatitis B virus you can get vaccinated against it and prevent future infection. If you are infected and your infection is chronic, and you can get effective treatment that, while it will not cure you, will prevent liver damage.
- By knowing your hepatitis B status, you can help prevent your sexual partner and members of your household from getting the infection.

What to do if you find that you have hepatitis B

- Do not panic. Hepatitis B can be treated and managed.
- Consult your doctor as soon as possible. You may not need medication unless the virus is active and multiplying in your body. In this case your doctor will prescribe medicine to control the virus and prevent damage to your liver.
- The doctor may also ask you to inform your sexual partner and household members and advise them to get vaccinated against hepatitis B.
- If you are pregnant, your baby will be vaccinated against hepatitis B at birth to prevent transmission of the virus.
- It is important to have regular check-ups with your doctor and regular blood tests to monitor the activity of the virus in your body.

