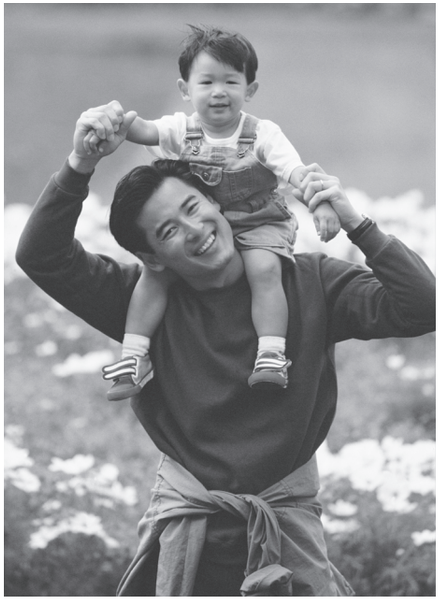
WHERE CAN YOU GET A HEPATITIS B TEST OR VACCINE?

- Ask your doctor or clinic about getting tested for hepatitis B. Ask about hepatitis B vaccine for you, your children and your household members.
- If you do not have a doctor, call your local health department to find out if they provide hepatitis B tests or shots.



Protect yourself, your children and your family members against hepatitis B. Three shots of hepatitis B vaccine can protect you against a serious disease.

If you need more information about hepatitis B, call your doctor, local health department, or Healthy Mothers, Healthy Babies at 1-800-322-2588.

1-800-322-2855

Information and Referral Line

A service of
Healthy Mothers, Healthy Babies
Coalition of Washington

Washington State Department of Health

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To request this publication in an alternative format, please call 1-800-525-0127

WHAT ASIANS AND PACIFIC ISLANDERS NEED TO KNOW ABOUT HEPATITIS B

People of Asian and Pacific Islander descent have a higher risk of getting hepatitis B. This is because hepatitis B is very common in areas such as Southeast Asia, China and the Pacific Islands.

WHAT IS HEPATITIS B?

Hepatitis B is a serious disease caused by a virus that attacks the liver. It can cause liver damage, liver cancer, and even death.

A lot of people who get hepatitis B do not feel sick and may not know they have it. They can pass it on to their children and other family members without knowing it.

Babies and young children who get hepatitis B are at very high risk of having the disease for life and having liver disease as adults.

HOW IS HEPATITIS B SPREAD?

Hepatitis B is passed from one person to another through infected blood or certain body fluids. It can be passed:

- Between sex partners
- From a mother to baby at birth
- By sharing needles, razors, earrings or toothbrushes
- By pre-chewing food for a baby or toddler

Hepatitis B is not usually spread by:

- Sneezing
- Coughing
- Sharing dishes
- Holding hands
- Breast milk

It is safe to breastfeed your baby even if you have hepatitis B, but stop immediately if you get cracked nipples or open sores on your breasts.

If you live with someone who has hepatitis B, you need to be extra careful. Get a hepatitis B test and if you are not already protected, get three hepatitis B shots to protect yourself.

WHO NEEDS HEPATITIS B VACCINE?

- If you are of Asian or Pacific Islander descent, it is important you and your family get tested for hepatitis B. Three shots of hepatitis B vaccine can protect you against the disease, if you are not already protected.
- All babies born in the United States should have three shots of hepatitis B vaccine.
- If your child was born in another country or you are not sure if he or she has received any hepatitis B vaccine, ask your doctor or clinic to check and make sure your child is fully protected.

Washington State Department of Health

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Health Education Resource Exchange Web Team

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