

How to Protect Your Baby's Health and Your Own if You Have Hepatitis B and Are Pregnant



Hepatitis B is a serious disease that your baby could carry for a lifetime. If you are pregnant and have hepatitis B, the virus could infect your newborn through contact with your blood at birth. To prevent infection to your baby and to keep yourself healthy, see your healthcare provider early during your pregnancy and talk to them about hepatitis B.

Use this chart to track your care and your baby's care during and after pregnancy!

For Mom

During Pregnancy

- ✓ See a healthcare provider for hepatitis B care early in your pregnancy to check your hepatitis B virus level and your liver function.
 - Your healthcare provider can prescribe hepatitis B medication, if needed.

At Birth

- ✓ Make sure the staff at the hospital knows you have hepatitis B.
- ✓ Make sure the healthcare provider who will care for your baby knows that you have hepatitis B.

After Birth and Beyond

- ✓ At 1- 2 months, follow-up with your healthcare provider for hepatitis B care.
 - This is especially important if you were started on treatment during pregnancy.
- ✓ Follow-up with your healthcare provider for hepatitis B monitoring at least every 6 months.

For Baby

At Birth

- Baby must receive 2 shots within 12 hours of birth to protect from infection:
- ✓ One shot of hepatitis B immune globulin (HBIG)
 - ✓ 1st shot of the hepatitis B vaccine

1-2 Months

- ✓ Your baby is due for their 2nd hepatitis B vaccine.

6 Months

- ✓ Your baby is due for their 3rd hepatitis B vaccine.

9-12 Months

- ✓ Your baby needs a blood test to check their hepatitis B status and assess their level of protection.

Breastfeeding

- ✓ Talk to your healthcare provider about breastfeeding support and how to prevent or manage cracked or bleeding nipples to reduce baby's contact with your blood.
- ✓ If the newborn received hepatitis B vaccine and hepatitis B immune globulin at delivery, the risk of mother-to-child transmission of hepatitis B through breastfeeding is very low. Once your baby gets these shots, it is safe to breastfeed.



Make sure your partner and those living with you are tested and vaccinated for hepatitis B during your pregnancy.