

Travel health made simple

Hepatitis B

You forgot your vaccination!!



Hepatitis B

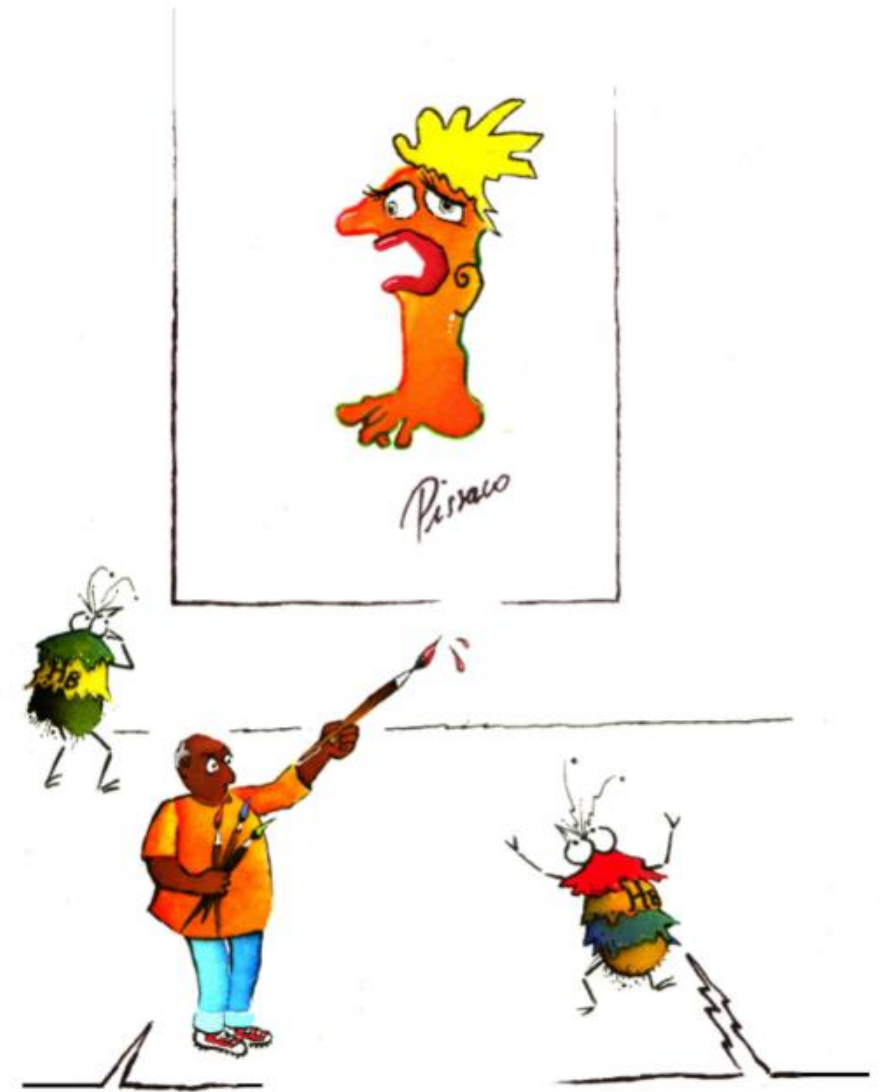
- Hepatitis B is a contagious, viral disease which destroys liver cells.
 - Hepatitis B is found worldwide with an extremely high incidence in Africa and Asia.
 - The disease can evolve into a chronic form of hepatitis and lead to cirrhosis and even cancer of the liver.
 - It causes one to two million deaths per year.

It is a major issue for international travellers who should be vaccinated.



The symptoms

- The incubation period is approximately 90 days.
- In the acute phase of the disease, symptoms usually include:
 - muscle and joint pain
 - fever
 - fatigue
 - headache
 - nausea or vomiting, diarrhea
 - loss of appetite
- In addition can appear:
 - abdominal pain or discomfort
 - an enlarged liver and spleen
 - jaundice or yellowing of the skin and white of the eyes



**Incubation of cubism
20 years**

**Incubation of hepatitis B
90 days**



Transmission

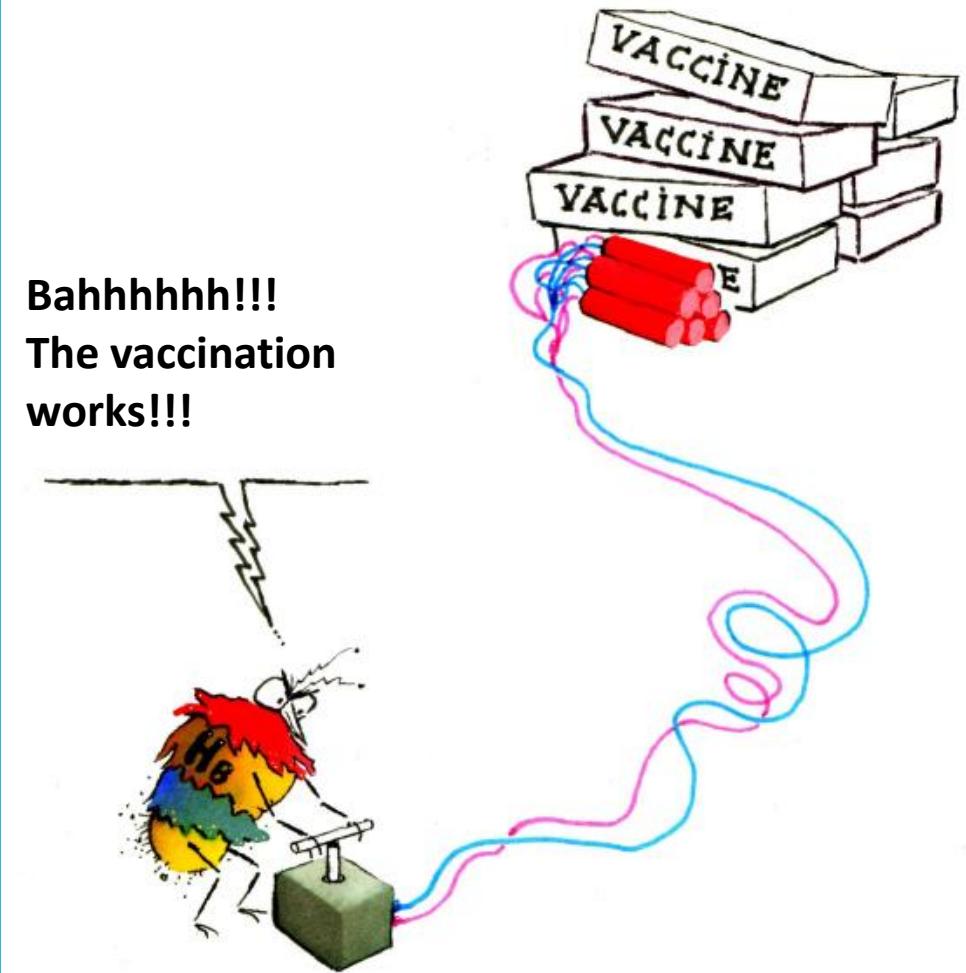
- Hepatitis B is transmitted mainly by blood and sex - exactly like AIDS.
 - Contaminated blood
 - blood transfusion
 - exchange of intra venous needles by drug users
 - use of contaminated non-disposable needles
 - Sexual contact (homo or heterosexual) with a person's sperm or vaginal secretions.
 - Hepatitis B can also be transmitted during pregnancy and childbirth from the mother to her baby.

Don't forget that it's transmitted by blood...



Prevention

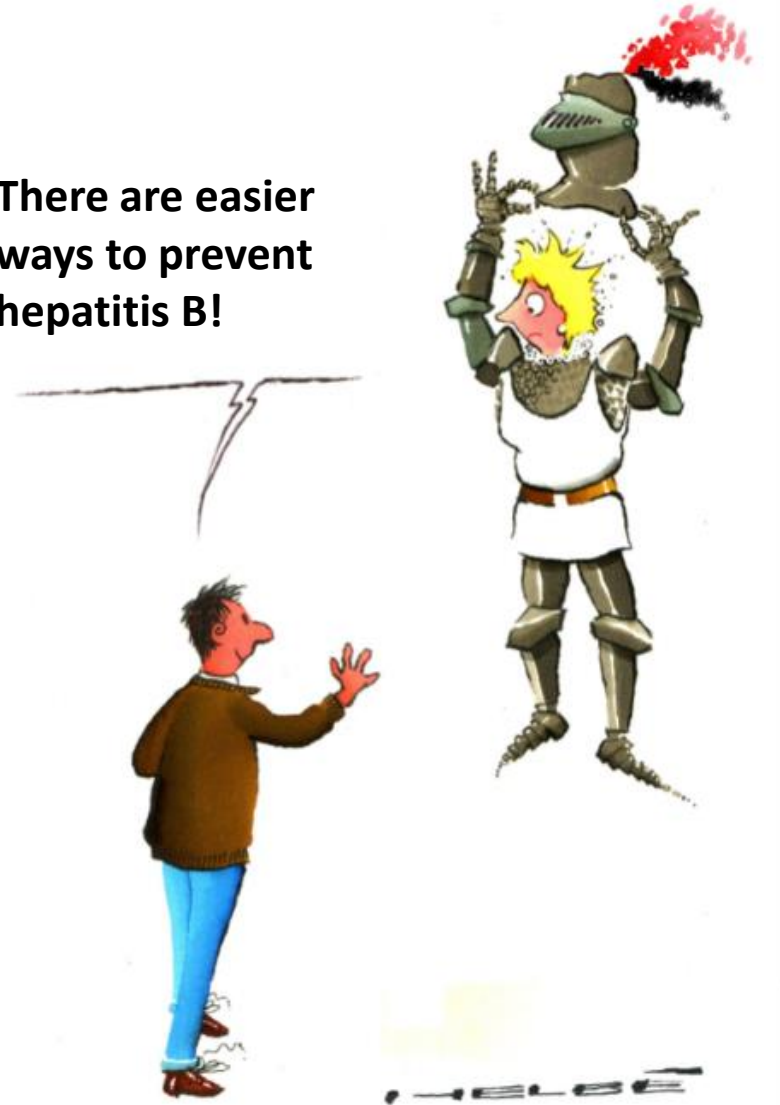
- Prevention is the most effective weapon against hepatitis B.
- Contrary to HIV/AIDS, hepatitis B can be prevented by a very effective vaccination which requires two shots at a 1-month interval with a booster shot 6 months later.
- The hepatitis B vaccination can be administered in association with the hepatitis A vaccination.



Prevention

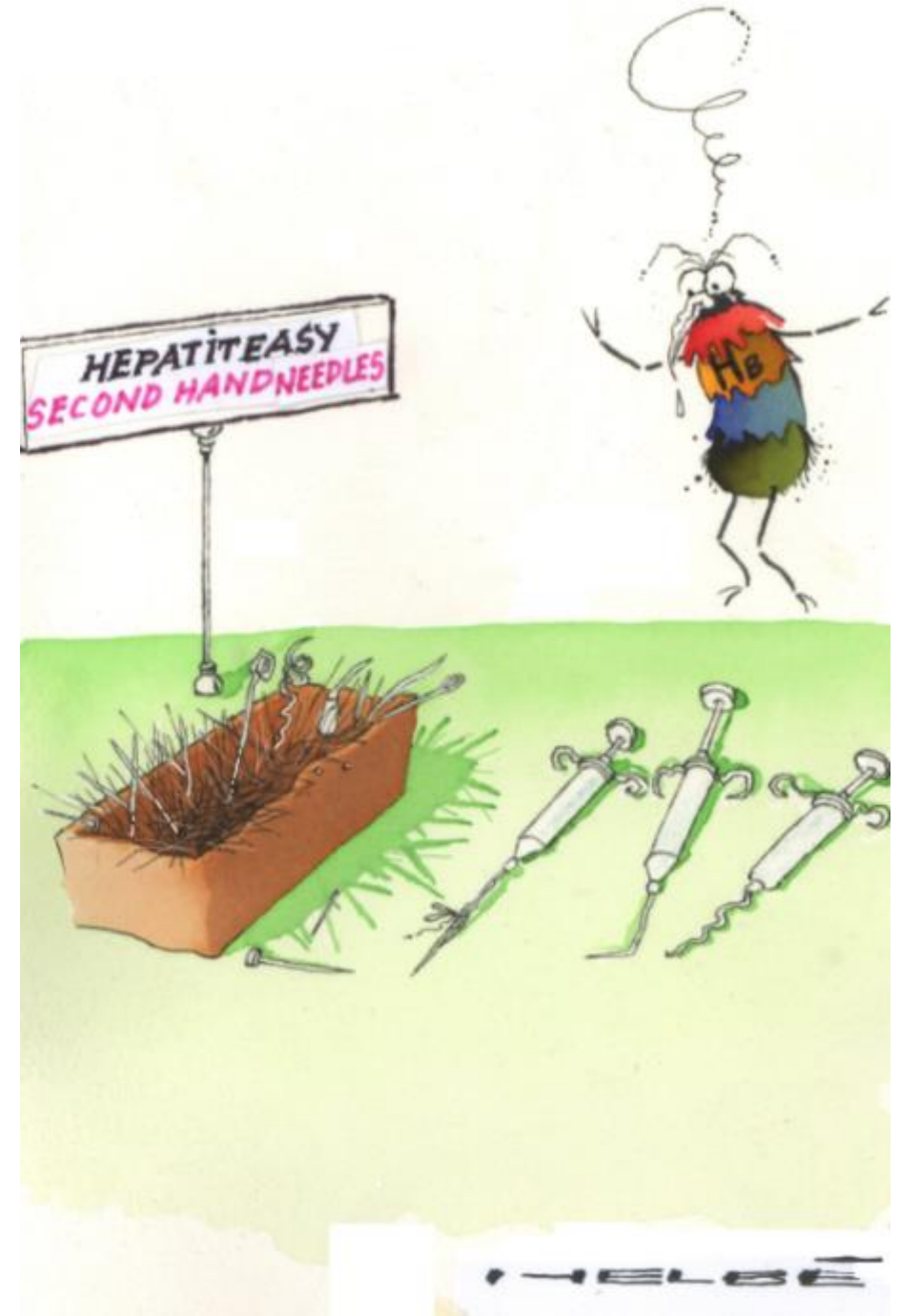
- If not vaccinated against hepatitis B the following advice, which is absolutely identical to HIV/AIDS-prevention is highly recommended:
 - Use condoms with casual sexual partners
 - Avoid multiple sexual partners
 - Avoid commercial sex workers
 - Avoid blood transfusions when not absolutely necessary.
 - Avoid receiving intra-venous or intra-muscular injections with needles and syringes which are not disposable, sealed and opened in front of you.

There are easier ways to prevent hepatitis B!



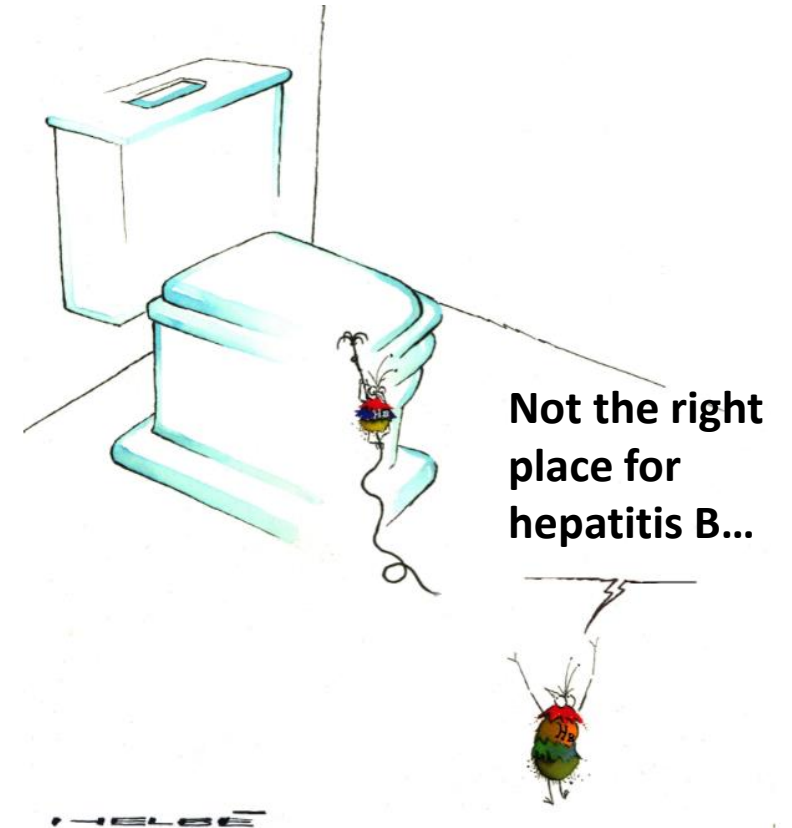
Prevention

- In addition:
 - Avoid invasive dental or medical procedures with non-sterilized or non-disposable material.
 - Do not share your toothbrush or razor.
 - Avoid tattooing, piercing, acupuncture.



Cannot transmit

- Hepatitis B cannot be transmitted by the following:
 - using public toilets
 - swimming in pools
 - by giving your blood or having intra-venous or intra-muscular injections performed as long as only sterile and disposable needles are used
 - by being bitten by a mosquito or by contact with domestic animals.



Conclusion

- Hepatitis B is transmitted mainly by blood and sex.
- International travellers should be systematically vaccinated and up-to-date on their vaccination against hepatitis B.

