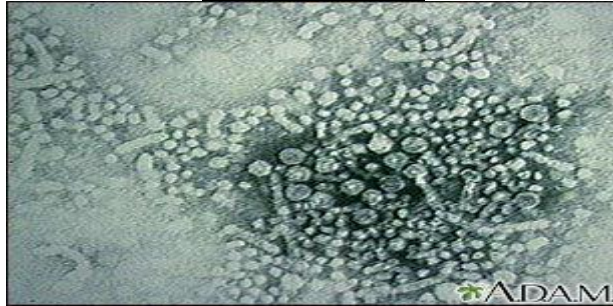


World Hepatitis Day 28 July 2016

What is Hepatitis?

It is inflammation of the liver

Hepatitis B



You can get infected if:

- Direct contact with blood in health care settings
- Sexual contact with an infected person
- Tattoo or acupuncture with unclean needles or instruments
- Shared needles during drug use
- Shared personal items

Symptoms may not appear for up to 6 months after the time of infection.

Early symptoms may include:

- Appetite loss
- Fatigue
- Fever, low-grade
- Muscle and joint aches
- Nausea and vomiting
- Yellow skin and dark urine due to jaundice

Alan Brand
POSITIVELY ALIVE^{CC}
Employee Wellness Consultant and Specialist Trainer
CK2010/00285/23

Mobile: +27 (82) 453-0560
Direct Line: +27 (11) 678-0701
Fax to mail: 086 245 6833
E-mail: albrand@iafrica.com

Website: www.positivelyalive.co.za

Hepatitis A

You can get infected if:

- Eating food prepared by someone with HAV who did not wash their hands after using the bathroom
- Having anal/oral sex with someone with HAV
- Not washing your hands after changing a diaper
- Drinking contaminated water

Symptoms will usually show up 2 - 6 weeks after being exposed

- Dark urine
- Fatigue
- Itching
- Loss of appetite
- Low-grade fever
- Nausea and vomiting
- Pale or clay coloured stools
- Yellow skin (jaundice)

Flies carry diseases by contaminating food and water

