



THE ABCDE OF VIRAL HEPATITIS

HEPATITIS

How it spreads

Prevention

Treatment

A

Feces

Contaminated food or water

- Vaccine
- Practice good hygiene

No specific medication available

Treated through supportive care (rest, adequate nutrition, and fluids) to help relieve symptoms

B

Through contact with the blood or bodily fluids of an infected person

- Vaccine
- Practice safe sex
- Blood screening

Combination antiviral therapies (with Tenofovir or Tenofovir derivatives plus lamivudine)

C

Blood-to-blood contact

- Practice safe sex
- Avoid sharing needles, toothbrushes, razors or nail scissors

Combination therapies with direct acting antivirals (DAAs)

D

Contact with infected blood (only occurs in people already infected with hepatitis B)

- Hepatitis B vaccine
- Avoid sharing needles, toothbrushes, razors or nail scissors

Interferon

E

Feces

Contaminated food or water

- Practice Good Hygiene
- Avoid drinking water that has come from a potentially unsafe source
- Cook food well

No specific medication available

Supportive Care

