

Symptoms

There are between 400,000 and 800,000 people with either hepatitis B or hepatitis C in the UK and most of them do not know that they are infected. This is partly because the symptoms of both diseases are often so mild that they go unnoticed or they are similar to the symptoms that can be caused by other common illnesses or even just a stressful life, for example:

- Periods of fatigue or continuous fatigue where sleep does not seem to solve the problem
- Muscle or joint pain
- Fever
- Pain over the liver area
- Mild nausea (feeling sick), vomiting and other digestive problems, including loss of appetite
- Difficulty in concentrating, poor memory, feeling 'woolly headed'
- Depression
- Skin problems, for example rashes or significant itching

Testing

The test for both hepatitis B and hepatitis C involves simply pricking your finger to get a drop of blood. This is sent off to a laboratory and you can collect your result two weeks later from the pharmacist.

For help and information

The Hepatitis C Trust

27 Crosby Row
London SE1 3YD



For support and information on any aspect of hepatitis C

Patient-staffed helpline: 0845 223 4424 10.30 to 4.30 Monday to Friday

Information website: www.hepctrust.org.uk

Email: helpline@hepctrust.org.uk

Fax : 020 7089 6201

The Hepatitis B Foundation UK

The Great Barn
Godmersham Park
Canterbury
Kent
CT4 7DT

For information and advice on hepatitis B
Helpline: Your call will be dealt with by a nurse, in strict confidence.

Opening times: Mondays to Thursdays, from 10.30am to 3pm.

Helpline number: 01227 738279

Website: www.hepb.org.uk

The British Liver Trust

2 Southampton Road
Ringwood BH24 1HY



Helpline: 0800 652 7330

General enquiries: 01425 481320

Fax: 01425 481335

Email: info@britishlivertrust.org.uk

Website: www.britishlivertrust.org.uk



About hepatitis B & C

Are you at risk?

- Have you had a blood transfusion or received blood products or an organ transplant prior to 1991 in the UK?
- Were you born in any of these areas? Asia, Africa, South America, Pacific Islands, Eastern Europe, or the Middle East.
- Have you had medical or dental procedures in any of these areas?
- Have you had a tattoo or a piercing in unregistered premises or with possibly unsterile equipment?
- Have you had acupuncture in unregistered premises or with needles that were not new?
- Have you ever injected drugs, including steroids, even once?
- Have you shared notes or straws for snorting cocaine or shared pipes when smoking (crack) cocaine on a regular basis?
- Have you ever pricked yourself on a needle or sharp object that has been used on someone else? This may have been in connection with your job if you work in a healthcare setting.

- Have you had unprotected sex with anyone who is known to have hepatitis B or C or might have been at risk for any of the reasons listed above?
- Have you regularly shared razors or toothbrushes with anyone who is known to have hepatitis B or C or might have been at risk for any of the reasons listed above?

If you answer **YES** to any of the following, speak to a member of the pharmacy team about having a simple test.

Hepatitis B and C – what are they?

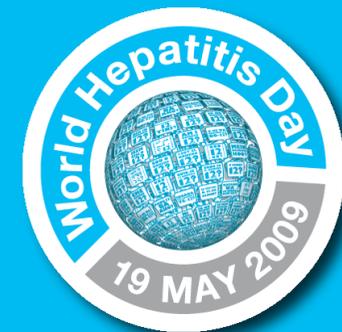
Hepatitis B and hepatitis C are both diseases of the liver caused by viruses. They can be very serious if undiagnosed. But they can be treated and the treatment is more effective if they are diagnosed early.

The viruses that cause them are very different but both diseases are similar in the way they damage the liver and in the way they are transmitted from person to person. Both are transmitted by blood to blood contact, although the hepatitis B virus can also be transmitted through unprotected sex.

Vaccination

There is an effective vaccine available against hepatitis B. If you have had a vaccination, for example because you work in a healthcare setting or before travelling to parts of the world where hepatitis B is very common, you should have immunity and not need a test.

There is **NO** vaccine against hepatitis C and the hepatitis B vaccination offers no protection against hepatitis C.



www.worldhepatitisday.info