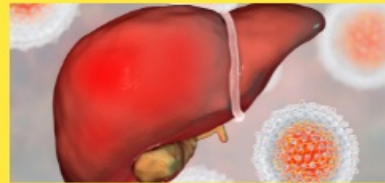




JULY 2021

Your  
**HEALTH  
UPDATE**

[www.emergencyhospitals.care](http://www.emergencyhospitals.care)



**WORLD HEPATITIS DAY IS JULY 28TH!!**

**DID YOU KNOW?**

- Millions of Americans from all walks of life are living with viral hepatitis, and most don't know they have the virus.
- 2.4 million people are estimated to be living with hepatitis C in the United States. The actual number may be as high as 4.7 million or as low as 2.5 million.
- 850,000 people in the U.S. are estimated to be living with hepatitis B. The actual number may be as high as 2.2 million or as low as 730,000.
- 67% of persons living with hepatitis B infection do not know they have the virus.
- 51% of persons living with hepatitis C infection do not know they have the virus.
- The vision of CDC is to eliminate viral hepatitis in the United States and globally

**Source: U.S. Department of Health & Human Service**

**WHAT IS VIRAL HEPATITIS?**

Hepatitis means inflammation of the liver. Hepatitis is often caused by a virus. The most common types of viral hepatitis are hepatitis A, hepatitis B, and hepatitis C. Viral hepatitis causes more than one million deaths each year. While deaths from tuberculosis and HIV have been declining, deaths from hepatitis are increasing.

**OUTBREAKS OF HEPATITIS A ARE OCCURRING  
ACROSS THE UNITED STATES**

**HEPATITIS A OUTBREAKS**

**WIDESPREAD PERSON-TO-PERSON OUTBREAKS OCCURRING IN THE U.S.**

*Vaccination is the best prevention*

**Assess and Vaccinate:**

- People who use drugs
- People experiencing homelessness
- Men who have sex with men
- People who are currently or were recently incarcerated
- People with chronic liver disease

**Since 2016, 36 states have publicly reported:**



\*As of July 23, 2021



**ONE DOSE**  
of HepA vaccine

**95%**  
protection in  
healthy adults

**CONTROLS  
OUTBREAKS**  
of hepatitis A



[www.cdc.gov/hepatitis/HepAOutbreak](http://www.cdc.gov/hepatitis/HepAOutbreak)

If you think you've been exposed to viral hepatitis, contact your doctor immediately. A preventive treatment may reduce your risk of infection if you receive the treatment within 24 hours of exposure to the virus.

Call our Clinic to make an appointment  
936-327-0199

## Learn the ABCs of Viral Hepatitis

The hepatitis viruses are distinct and can spread in different ways, affect different populations, and result in different health outcomes.

### **Hepatitis A**

Hepatitis A is a contagious liver infection caused by the hepatitis A virus. People who get hepatitis A may feel sick for a few weeks to several months but usually recover completely and do not have lasting liver damage. The hepatitis A virus is found in the stool and blood of people who are infected and can be spread when someone ingests the virus, usually through eating contaminated food or drink or through close personal contact with an infected person. Hepatitis A is very contagious and people can even spread the virus before they get symptoms. However, hepatitis A is easily prevented with a safe and effective vaccine, which is recommended for all children at one year of age and for **adults who may be at risk**, including travelers to certain international countries.

**The best way to prevent hepatitis A is to get vaccinated.**

**[Learn More](#)**

### **Hepatitis B**

B is a liver disease caused by the hepatitis B virus. Some people who become infected, especially young children, can go on to develop a chronic or lifelong infection. Over time, chronic hepatitis B can cause serious liver damage, and even liver cancer. Hepatitis B is common in many parts of the world, including Asia, the Pacific Islands and Africa.

Hepatitis B is preventable with a vaccine. Hepatitis B can be passed from an infected woman to her baby at birth, if her baby does not receive the hepatitis B vaccine. As a result, the hepatitis B vaccine is recommended for all infants at birth and **adults at risk**.

**The best way to prevent hepatitis B is to get vaccinated.**

**[Learn More](#)**

### **Hepatitis C**

Hepatitis C is a liver disease caused by the hepatitis C virus. Most people who get infected will develop a chronic, or lifelong, infection. Left untreated, chronic hepatitis C can cause serious health problems including liver disease, liver failure, and even liver cancer. Hepatitis C is usually spread when someone comes into contact with blood from an infected person. In the past, hepatitis C was spread through blood transfusions and organ transplants. Today, most people become infected with hepatitis C by sharing needles, syringes, or any other equipment to inject drugs. **Rates of new infections have been on the rise**, particularly among young adults, which coincides with the recent increase in injection drug use related to the United States' opioid crisis. While more uncommon, hepatitis C can also spread through health care exposures, sex with an infected person, birth to an infected mother, and tattoos and body piercings from unlicensed facilities or informal settings.

**The best way to prevent hepatitis C is by avoiding behaviors that can spread the disease, especially injecting drugs.**

**[Learn More](#)**

Source: CDC. Centers for Disease Control and Prevention

**Emergency Hospital Systems LLC**