

Note to Facilitators

- This presentation covers basic information about Hep B and C for outreach workers, case managers, navigators, community members and patients.
- The questions are intended to encourage the audience to participate, help you assess the audience's current understanding of Hep B and C, and clarify any misunderstandings.
 - They are not intended to “quiz” audiences. Please acknowledge and encourage all responses; there are no “bad” questions or answers.
- Ask participants to fill out the pre-test before you begin. Do not collect it. They keep it and then turn it over and answer the same questions at the end. Review the correct answers with the group.

HEPATITIS B & C BASICS

Developed by the Viral Hepatitis Program



HEP FREE NYC



What is Hep B and Hep C?

Hepatitis B (**Hep B**) and Hepatitis C (**Hep C**) are infections caused by two different viruses that infect and attack the liver.



The **Hep B vaccine** prevents Hep B.

There is no cure but there is treatment.

Hep C can be cured.
There is no vaccine to prevent Hep C.

Are Hep B and Hep C serious health issues?



If untreated, **Hep B** and **Hep C** can lead to:

- liver damage
- liver cancer
- liver failure
- and, can cause early death

Hep B and **Hep C** are “silent”, and many people don’t even know they are infected.

Why does the liver matter?

The liver performs many important functions:

Stores nutrients
and vitamins

Fights infection

Changes food
into energy



Removes
harmful toxins

Helps digest
food



**What questions do you
have?**

Hep B and C in New York City



Hep B

230,000 people are living with Hep B in NYC

People can be vaccinated to protect against Hep B.

In 2018, 2.5% of people with Hep B who gave birth in NYC were born in Bangladesh.



Hep C

116,000 people are living with Hep C in NYC

Most people with Hep C can be cured.

In 2018, 2.6% of people tested positive were of Pakistani background.

But many people still don't know they're living with Hep B or C infections.



**Can you tell who has Hep B
or Hep C?**

Hep B and Hep C Symptoms



Most people with Hep B or C have no symptoms and feel fine.



Symptoms usually start when there is serious liver damage.



The only way for a person to know they have Hep B or Hep C is to get tested!

 **Who can get Hep B?**

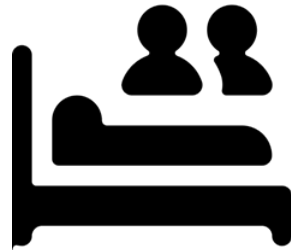
Who can get Hep B?

Anyone! Hep B can be passed from one person to another through blood, semen and vaginal fluids that has the Hep B virus.

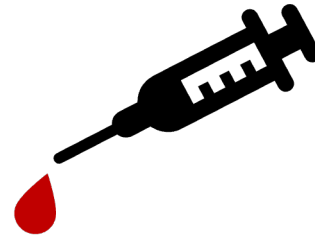
Some common ways to pass Hep B include:



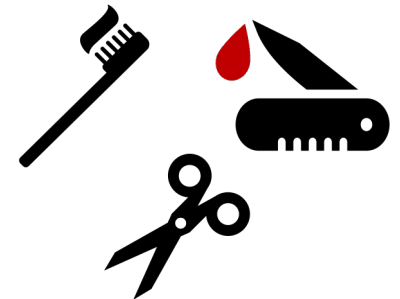
During birth, a pregnant person can pass Hep B to their newborn.



Having unprotected sex without a physical barrier such as condoms, or dams



Reusing or sharing needles, medical or injection equipment



Sharing personal care items or any items that could have blood, semen or vaginal fluids on it

Even a tiny amount of blood – so small you can't see it – can contain Hep B.

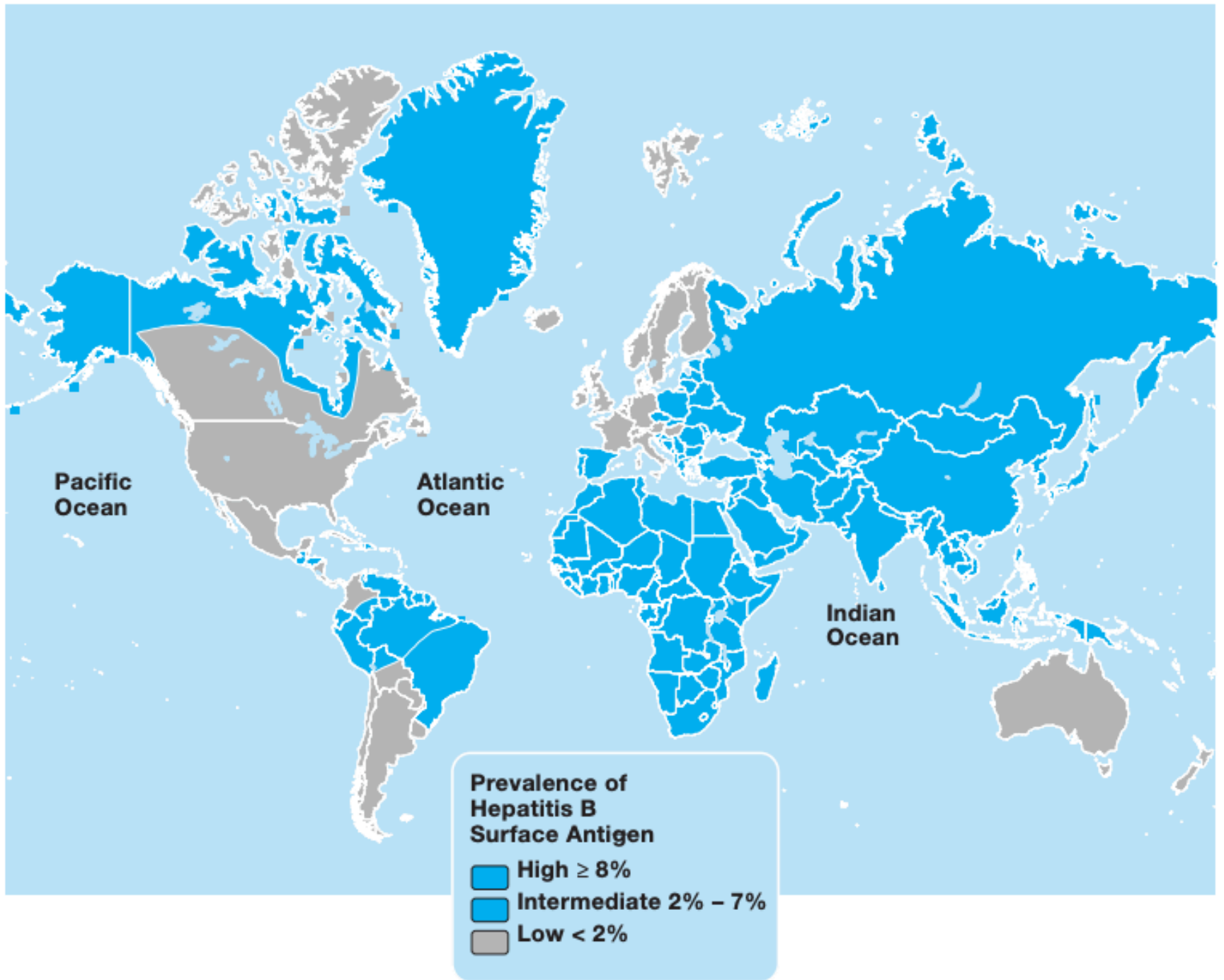


**Are there certain
populations at higher risk
for Hep B?**

Where is Hep B Common?

People born in a country on this list should get tested for Hep B.

Region	Countries
Africa	All countries except Seychelles
Americas	Belize, Colombia, Dominican Republic, Ecuador, El Salvador, French Guyana, Guatemala, Haiti, Honduras, Jamaica, Peru, Puerto Rico, Suriname, parts of Brazil, southern Colombia, northern Bolivia, indigenous populations in North America
Eastern Mediterranean and Southeast Asia	Bangladesh, Bhutan, Djibouti, Palestine (Gaza Strip), India, Kuwait, Libya, Myanmar, Oman, Pakistan, Saudi Arabia, Somalia, Sri Lanka, Sudan, Syria, Thailand, Tunisia, United Arab Emirates, Yemen
Europe	Albania, Azerbaijan, Belarus, Bulgaria, Croatia, Cyprus, Georgia, Italy, Kazakhstan, Kosovo, Kyrgyzstan, Moldova, Romania, Russia, Serbia, Tajikistan, Turkey, Uzbekistan
Western Pacific	Brunei Darussalam, Cambodia, China, Fiji, Kiribati, Laos, Marshall Islands, Micronesia, Mongolia, Nauru, New Zealand, Niue, Palau, Papua New Guinea, Philippines, South Korea, Samoa, Singapore, Solomon Islands, Tahiti, Tonga, Tuvalu, Vanuatu. Vietnam

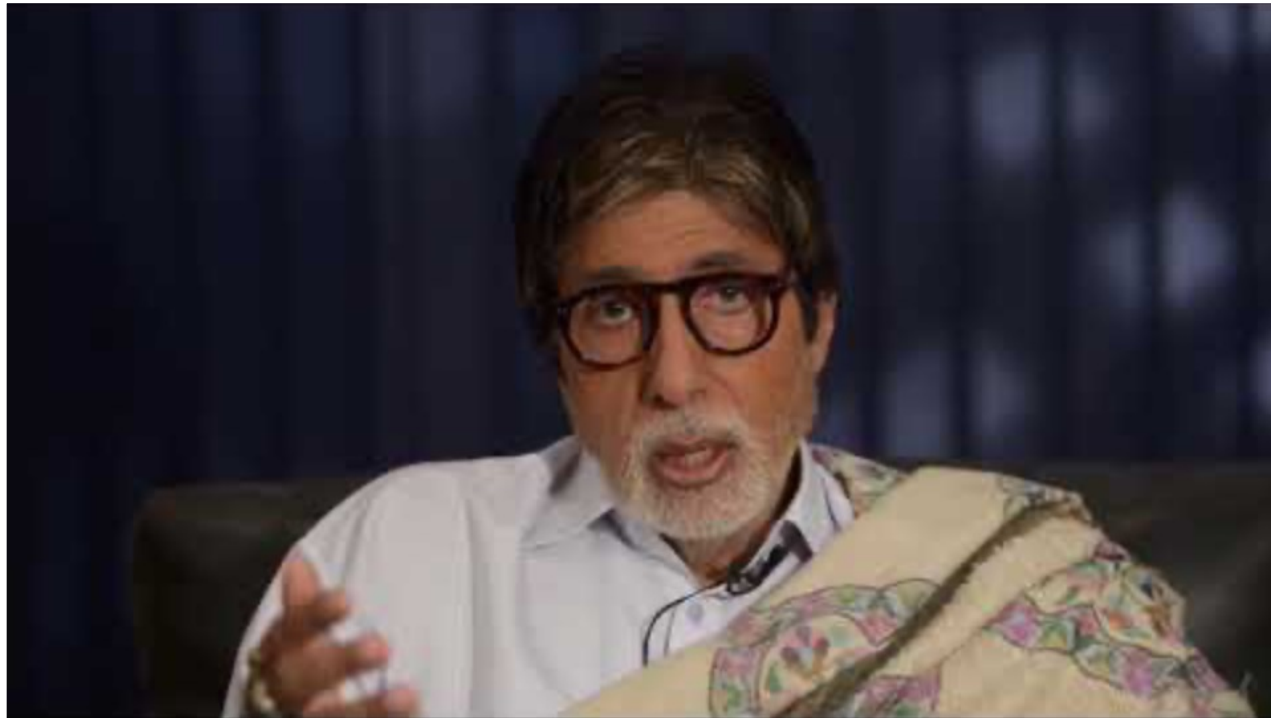


South Asians and Hep B

- South Asians are at high risk for Hep B. Hep B is common in all countries in Asia
- 39 million people in the South Asian region are living with Hep B
- Most people living with Hep B got it during childbirth or when they were young children



Amitabh Bachchan WHO Ambassador for Hep B





**How can you protect
yourself, loved ones and
community from Hep B?**

Get Tested & Vaccinated for Hep B

Encourage everyone to get tested and vaccinated for Hep B, such as

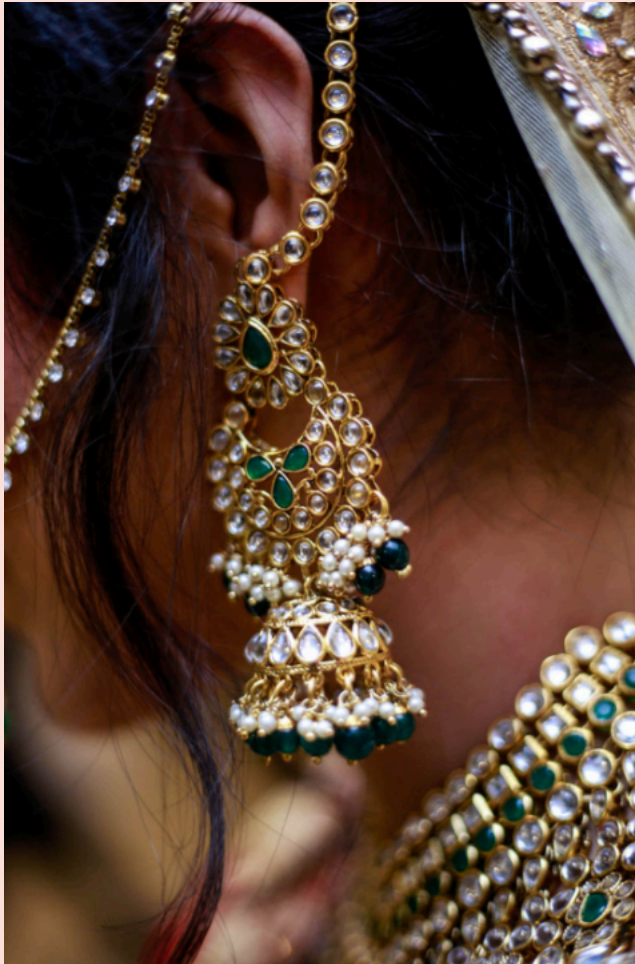
- people in your household
- people you have sex with and
- people you share needles, medical or injection equipment with

Hep B Vaccine series has 2 - 3 doses.



There is a Hep A/B combo vaccine available

How do you prevent Hep B?



- Get vaccinated!
- Do not share personal care items
- Use condoms or physical barriers during sex
- Do not share or reuse injection, medical or drug use equipment
 - Such as needles, syringes, cotton, etc.
 - Make sure new or sterile equipment are always used for acupuncture, tattooing, piercing or injection



**What questions do you
have?**

Hep B Can Be Managed!



Routine check-ups with a Hep B provider.
(may include liver screening every 6 months)



Medicine may be needed to lower Hep B viral load.



Drink less alcohol – any amount is harmful for people with Hep B.



There is no cure for Hep B. People with Hep B live healthy lives with proper medical care!

Families and Hep B



Everyone in the household should know their Hep B Status.

Pregnant and Living with Hep B?

- Talk to your providers about how to prevent passing Hep B onto your newborn
 - Babies must receive Hep B vaccine + HBIG immediately after birth (within 12 hours)
- Hep B is not spread through breast milk unless there is blood present
- Do not pre-chew food for children

Hep B Treatment Coverage



Hep B treatment and meds are covered by insurances for all patients.



Uninsured or undocumented patients can access free Hep B medical care in NYC.

More info here: nyc.gov/health/map



**What questions do you
have about Hep B?**



Let's talk about Hep C



Who can get Hep C?

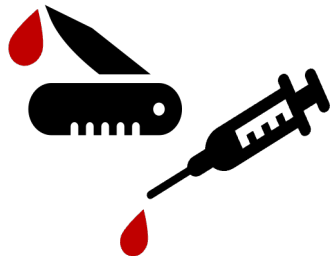
Who can get Hep C?

Anyone! Hep C can be passed from one person to another through blood that has the Hep C virus.

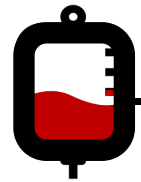
Some common ways to pass Hep C include:



During birth, a pregnant person can pass Hep C to their newborn.



Reusing or sharing needles, medical or injection equipment



Through blood transfusion or hemodialysis before 1992



Receiving tattoo or piercing using unsterilized or reused equipment



Sharing personal care items or any items that could have blood on it

Even a tiny amount of blood – so small you can't see it – can contain Hep C.

South Asians and Hep C

- South Asians are at high risk for Hep C.
- 10 million people in the South Asian region are living with Hep C
- Most South Asians who are living with Hep C got it during a medical procedure, vaccination or blood transfusion in a country where Hep C is very common.



Who is at highest risk for Hep C now?

- People who share equipment to **inject drugs** (e.g. hormones, insulin, heroin)
- People who had a medical procedure, surgery, or immunization in country with high rates of Hep C



Get Tested! Every person aged 18+ should be tested for Hep C at least once in their life.

Can you get Hep C by having sex?

- Hep C is *rarely* spread during sex but it can happen when blood is present
- For example:
 - Anal sex
 - Sexually transmitted infections (STIs), which can cause open sores/chancres
 - Other times where blood is present (for example, menstrual cycle, "rough sex")



**How can you protect
yourself, loved ones and
community from Hep C?**

How do you prevent Hep C?

- Don't share syringes, needles, razors, toothbrushes, or anything that might have blood on it or has had contact with blood
- Make sure new and sterile equipment is used for tattoos or piercings
- Use condoms or physical barriers with lube during sex
- Cover cuts and sores with bandages
- Clean up blood spills with bleach solution



Preventing Hep C for PWUD



People who use drugs (PWUD) should **not reuse or share any** drug use equipment (“works”), including cookers or cottons.

Get sterile equipment from pharmacies or syringe services programs (SSP). Find programs at www.IDUHA.org.

These programs also help connect PWUD to health care and medication assisted treatment.



**What questions do you
have?**

Hep C Can Be Cured!

- Hep C treatment is safe and effective
- Most people take pills for 2-3 months
- Side effects are mild
- Most people have no side effects



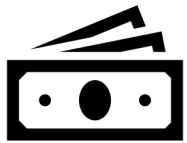
How do you get tested for Hep C?

1. Go to your doctor or a clinic and get a blood test via fingerstick or blood draw.
2. There are two tests:
 - **Screening (antibody) test:**
checks if you have or ever had Hep C
 - **Confirmatory (RNA) test:**
confirms you have Hep C right now



Both tests are needed to confirm Hep C infection!

Hep C Treatment Coverage



Hep C treatment and meds are covered by insurances for all patients.



Uninsured patients can access free Hep C medical care in NYC.



More info here:

www.nyc.gov/health/hepc



**What questions do you
have?**



**What questions do you have
about Hep B or Hep C?**

NYC Resources

Finding good medical care can be difficult. To find Hep C testing and treatment in NYC:



Visit www.nyc.gov/health/hepatitis

Or **visit** HepFree.NYC

for a list of excellent programs in NYC



Contact the NYC Health Dept for Hep C info and referrals to testing and treatment at:

hep@health.nyc.gov

Call us! This is what we look like when we get a phone call asking for Hep C information!

