



Hepatitis B

Your Resource Guide
for Staying Healthy
with Hepatitis B



THE CITY OF
COLUMBUS
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COLUMBUS
PUBLIC HEALTH



You’ve Tested Positive for Hepatitis B ... Now What?

This booklet will guide you through the steps you can take after testing positive for hepatitis B.

See a Specialist.

It’s important to see a doctor who specializes in gastroenterology or infectious disease who can do testing to find out if you have a short-term (acute) or long-term (chronic) infection with hepatitis B. This doctor can also monitor the health of your liver over time and prescribe medication if needed.

Take Care of Yourself.

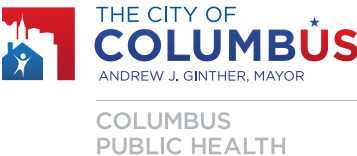
You can protect the health of your liver by eating a healthy diet, getting exercise, and avoiding drugs, alcohol and certain medications. It’s also important to get vaccinated for hepatitis A. **You can get vaccinated for hepatitis A free of charge when you bring the coupon included with this booklet to Columbus Public Health.**

Protect Close Contacts.

People who have close contact with you, including people who live with you and your sexual partner(s), need to be tested for hepatitis B and immunity to the hepatitis B virus. If your contacts have not already been vaccinated for hepatitis B, they should get the vaccine right away to protect them from hepatitis B infection. If your contacts need help getting tested and the vaccine for hepatitis B or if you have any other questions, call (614) 645-1474.

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240 Parsons Ave.
Columbus, OH 43215
www.publichealth.columbus.gov

Questions?

For more information or to talk about hepatitis B, call Columbus Public Health at (614) 645-1474, option 2.
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Hepatitis B Facts

The Basics

What Is Hepatitis B?

Hepatitis B is a viral infection of the liver that can cause scarring of the liver, increase the risk of liver cancer and cause death.

Acute Hepatitis B refers to a short-term infection that occurs within the first 6 months after someone is infected with the virus. The infection can range in severity from a mild illness with few or no symptoms to a serious condition requiring hospitalization. Some people, especially adults, are able to get rid of (clear) the virus without treatment. People who clear the virus become immune and cannot get infected with the hepatitis B virus again.

Chronic Hepatitis B refers to a lifelong infection with the virus. Over time, chronic hepatitis B can cause serious health problems, including liver damage, cirrhosis, liver cancer and death.

What Are The Symptoms?

There may be no symptoms or you may have:

- Jaundice (yellow eyes or skin)
- Fatigue (feeling tired)
- Muscle aches
- Abdominal pain
- Nausea/vomiting

Infection Facts

How Could I Get Infected With Hepatitis B?

You can be infected by:

- Sex - *This is the most common way hepatitis B is spread in the U.S. Hepatitis B is 50-100 times more infectious than HIV.*
- Blood transfusion/hemodialysis
- Sharing needles/cocaine straws
- Tattoos/body piercings
- Handling contaminated blood
- Sharing toothbrushes, razors, etc.
- Mother to child during birth

What Are Some Ways I CANNOT Get Hepatitis B?

Hepatitis B is not spread in food or water. You also cannot get hepatitis B by:

- Sneezing or coughing
- Hugging
- Touching or shaking hands
- Kissing
- Sharing eating utensils or drinking glasses

Testing Positive For Hepatitis B

You Need A Doctor's Care.

- Hepatitis B is a serious liver disease that should be followed by a doctor, even if you feel well.
- If you have tested positive for hepatitis B, contact a doctor to treat you.

You May Be Putting Others At Risk.

- Hepatitis B can be given to others through contact with an infected person's body fluids by having sex and sharing toothbrushes, razors or needles.
- If you have tested positive for hepatitis B, please contact people who may be at risk for any of these reasons.

You Can Help Protect Others.

If you have hepatitis B, you can protect others from getting it by following these common sense rules:

- If you are sexually active, use condoms.
- Do not share needles, razors, toothbrushes, cocaine straws, etc.
- Help them get vaccinated against hepatitis B.
- Teach them about hepatitis B and how to prevent it.
- If you or your sexual partner are pregnant, contact Columbus Public Health.

You May Have Questions.

For more information or to talk about hepatitis B, call Columbus Public Health at (614) 645-1474, option 2.

If You Or Your Sexual Partner Is Pregnant:

Contact Columbus Public Health at (614) 645-7597 for additional information on how to protect your baby from getting hepatitis B.

- Make sure your family and sexual partners are tested for hepatitis B and vaccinated if they are not already protected.
- Hepatitis B can be transmitted from an infected mother to her child during the birthing process.
- Newborns who become infected with hepatitis B have a 90% chance of being infected for the rest of their lives.
- For more information, visit Hep B Moms online at www.hepbmoms.org.



Staying Healthy with Hepatitis B



Protect yourself from hepatitis A with the hepatitis A vaccine. Getting infected with hepatitis A is especially harmful for people who are already infected with hepatitis B. Bring the coupon in this packet to Columbus Public Health for a free hepatitis A vaccine.



Protect the ones you love. Make sure your sexual and household contacts know you have hepatitis B and are tested and vaccinated to protect them.



Practice safe sex. Hepatitis B is easily spread through sexual contact. Latex condoms reduce the risk of spreading hepatitis B, HIV, syphilis, gonorrhea, chlamydia and other sexually transmitted infections. Your partner can also reduce his/her risk by getting vaccinated for hepatitis B.



Eat a healthy diet, exercise regularly and get enough sleep. Eat a healthy and balanced diet with a lot of vegetables and fruits. Try to stay away from too much salt, sugar and fat -- and drink plenty of water. Exercising and getting at least 8 hours of sleep a night will also help you stay healthy.



Use caution with medications. Some over the counter drugs, including Tylenol (acetaminophen) and Motrin (ibuprofen) can be damaging to the liver -- and many common opioid pain meds (like Vicodin and Percocet) contain them. If you regularly take pain medications or herbal supplements, tell your provider you have hepatitis B so he/she can help you make treatment choices that protect your liver's health. Remember to never exceed the recommended dosage of medication.



Get regular checkups. It's important to have a primary health care provider for regular check-ups. Make sure to tell your doctor about any problems or symptoms you have.



Avoid alcohol. Alcohol is damaging to the liver and speeds the progression of hepatitis B related disease. Avoiding alcohol is an important step in protecting your liver.



Avoid recreational drugs. Drug use is damaging to the liver. If you need to quit using drugs or alcohol, refer to the enclosed referral card. Columbus Public Health's walk-in assessment program can connect you to the resources you need to quit.



Never share drug supplies. Sharing drug equipment puts you at risk for spreading or getting hepatitis C and B or HIV. If you inject drugs, always use sterile needles, syringes and prep equipment every time. And if you snort drugs, do not share straws.



If you are getting a tattoo or piercing, go to a licensed business. Getting a nonprofessional tattoo or piercing (at a home or tattoo party) puts you at risk for spreading or getting hepatitis C and B or HIV.



Protect the Ones You Love.

Hepatitis B Testing & Vaccination for Household Contacts & Sexual Partners

Hepatitis B can Spread to Those Closest to You.

Hepatitis B is spread when blood, semen or any bodily fluid from a person infected with hepatitis B enters the bloodstream of someone who is not infected. Sex is the most common way hepatitis B is spread in the U.S. Hepatitis B is 50-100 times more infectious than HIV. Hepatitis B can also be spread by sharing personal items like toothbrushes and razors, making contact with open sores or the blood of an infected person, and sharing needles or syringes. Mothers also can pass the virus to their baby at birth. Hepatitis B is NOT spread through breastfeeding, hugging, coughing, sneezing, kissing or sharing utensils.

Household Members & Sexual Partners Should Be Tested.

If you have been diagnosed with hepatitis B infection, your recent sexual partner(s) and people who live with you in your home should be tested. Testing will show if your close contacts are currently infected with the hepatitis B virus. Testing can also show if they are immune to hepatitis B infection either from an earlier infection or vaccine. Testing involves a simple blood test which can be done at a doctor's office and some sexual health clinics.

Hepatitis B Vaccine Will Protect Close Contacts from Future Infection.

Your sexual partners and household contacts should verify whether they have received three doses of hepatitis B vaccine. If they are unvaccinated, or if they have not completed the hepatitis B vaccine series, they should get vaccinated right away. For adults, the vaccine series is three shots over six months. The vaccine series should be started at the same time as hepatitis B testing.

Because sexual partners are at the highest risk for infection, they should be tested for immunity after the vaccine series is completed using a hepatitis B surface antibody test (anti-HBs).

In addition to providing protection from future exposures, hepatitis B vaccine may also help prevent infection from a recent exposure to the hepatitis B virus (such as having sex with an infected person or a needle stick injury). People with a recent exposure to the hepatitis B virus may also benefit from a shot called "HBIG" (Hepatitis B immune globulin).

Safe Sex is Important.

If you have a sexual partner who has not been vaccinated for hepatitis B, it is important to use a condom or abstain from sex until your partner has completed the hepatitis B vaccine series and tests show that he/she is immune to hepatitis B infection.

If you have a household member or sexual partner who needs testing and vaccination for hepatitis B but does not have a primary care doctor, call 614-645-1474, option 2.



Hepatitis B Treatment Specialists

AIDS Healthcare Foundation (AHF)

815 W. Broad St.-Suite 350, Columbus, 43222
(614) 223-1532

Columbus VA, Chalmers P. Wylie Ambulatory Care Center

Dr. Glen Borchers
420 N. James Rd., Columbus, 43219
(614) 388-7057
Patients must be veterans.

Equitas Health

1033 N. High St., Columbus, 43215
(614) 340-6777

Infectious Disease Consultants

Dr. Thomas Keeling, Dr. Rodney Kusumi, Dr. James Smith and Dr. Julian Goodman
685 Bryden Rd., Columbus, 43205
(614) 461-3214

Mid Ohio Digestive Disease Associates

99 N. Brice Rd.-Suite 100, Columbus, 43213
1908 Tamarack Rd., Newark, 43055
(614) 575-2600

Ohio Gastroenterology Group, Inc.

30 doctors in this practice
3400 Olentangy River Rd., Columbus, 43202
450 Alkyre Run Dr.-Suite 350, Columbus, 43082
815 W. Broad St.-Suite 200, Columbus, 43222
6670 Perimeter Dr.-Suite 200, Dublin, 43016
85 McNaughten Rd.-Suite 320, Columbus, 43213
(614) 754-5500

Ohio Health Gastroenterology Physicians

Dr. Seth Levin and Dr. Sumit Kapoor
5131 Beacon Hill Rd.-Suite 200, Columbus, 43228
6905 Hospital Dr.-Suite 200, Dublin, 43016
(614) 544-1891

The Ohio State University Division of Gastroenterology, Hepatology and Nutrition

Dr. Robert Kirkpatrick and Pam Kibbe, CNP
410 W. 12th Ave., Columbus, 43210
(614) 293-6255

OSU Wexner Medical Center Infectious Disease Clinic

1581 Dodd Dr., McCampbell Hall, 4th Floor-Suite 400, Columbus, 43210
(614) 293-4854

Victorian Village Family Health

Brian Beesley, DO
100 W. 3rd Ave.-Suite 250, Columbus, 43201
(614) 299-2557

William Emlich, Jr., DO

4930 W. Broad St.-Suite 1, Columbus, 43228
210 Sharon Rd.-Suite 3, Circleville, 43113
117 West High St.-Suite 108, London, 43140
(614) 870-1234

Nationwide Children's Hospital: Gastroenterology, Hepatology & Nutrition

700 Children's Dr., Columbus, 43205
(614) 722-3450
Pediatric patients

Most providers accept Medicare, Medicaid, some private insurance and self-pay patients. Call provider for more details.



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alive

Opiate Use Prevention

What Is Addiction?

- **Addiction is a chronic, relapsing brain disease** that is characterized by compulsive drug seeking and use, despite harmful consequences.
- **Drugs change the brain.** These changes can be long-lasting and can lead to the harmful behaviors seen in people who abuse drugs.

What Are Opioids?

- **Opiates are drugs that depress or relax the activity of the nervous system** which decrease feelings of pain and effect breathing.
- **Opioids include drugs** such as heroin, oxycodone (Percocet, Percodan, OxyContin), hydrocodone (Vicodin, Lortab, Norco), fentanyl, hydromorphone (Dilaudid), buprenorphine (Subutex, Suboxone), codeine, methadone, morphine, and tramadol (Ultram).

How Do You Know When You're Ready To Get Help?

- Have you ever felt you should cut down your use?
- Have you ever felt guilty or bad about using?
- Have you ever been in trouble with the law, at school or work due to your use?
- Has your drug use caused problems at home with your spouse/partner or family?

If you answered "yes" to any of these questions, refer to the Treatment Options listed on the reverse side.

How To Help Others:

An overdose is a medical emergency and 911 should be called immediately.

Signs Of An Overdose:

- Slow breathing (less than 1 breath every 5 seconds) or no breathing
- Vomiting
- Face is pale and clammy
- Blue lips, fingernails or toenails
- Slow, erratic or no pulse
- Snoring or gurgling noises while asleep or nodding off
- No response when you yell the person's name or rub the middle of their chest with your knuckles

How To Respond To An Overdose:

- **Try to wake the person up** by yelling their name and rubbing the middle of their chest with your knuckles.
- **Call 911 and explain** that the person has stopped or is struggling to breathe.
- **Make sure nothing is in the person's mouth** that can block their breathing. If breathing has stopped or is very slow, begin rescue breathing.
- **If possible, administer naloxone** (Narcan).

What Is Naloxone?

- **Naloxone is a medicine** commonly known as Narcan that can be used to **reverse an overdose** caused by opioid drugs.
- When administered during an overdose, naloxone blocks the effects of opioids on the brain and restores breathing.
- It can be given as an **injection** in a muscle or as a **nasal spray**.
- Naloxone works rapidly and will not harm the person receiving it.

Treatment Options:

Inpatient/Residential: Involves an extended stay with detox and counseling for those in early recovery

Outpatient Counseling: Involves individual and group therapy

Medical Intervention: Uses medications to alleviate withdrawal symptoms and physical dependence combined with counseling

Support Groups: 12-step, peer-driven meetings for social support

Local Resources:

EMERGENCY: 911

Drug Addiction & Mental Health Crisis Hotline:
614-276-2273/netcareaccess.org

Columbus Public Health Opiate Crisis Line:
614-724-HOPE (4673) (M-F, 9 a.m.-5 p.m.)

Hands on Central Ohio:
211/handsoncentralohio.org

Naloxone Kit: Southeast Medical Services
614-225-0990

HIV & Hepatitis C Testing:
Alcohol & Drug Abuse Program at Columbus Public Health: 614-645-6893

Syringe Access:
SafePoint: 614-340-6776

Additional Support:
Narcotics Anonymous:
614-252-1700/nacentralohio.org
Nar-Anon: 614-470-3428/nar-anon.org

More Information:

- adamhfranklin.org
- netcareaccess.org
- equitashealth.com
- columbus.gov/harm



Other Resources

Access to Health Care

Bridge Program at Columbus Public Health

Connects you to a family doctor at a PrimaryOne health provider.
Call to schedule an appointment: 614-645-1269

Access to Health Insurance

Help with enrolling in Medicaid or private health insurance through the health insurance marketplace.
1-800-648-1176
www.AreYouCovered.org

Hepatitis Specific Resources

Columbus Public Health

614-645-1474, option 2
www.publichealth.columbus.gov

The American Liver Foundation

800-465-4837
www.liverfoundation.org

Centers for Disease Control and Prevention (CDC)

888-443-7232
www.cdc.gov/hepatitis

Hepatitis Prevention Programs

651-647-9009

The Hepatitis Foundation International

800-891-0707
www.hepfi.org

Syringe Access & Harm Reduction

Safe Point (operated by Equitas Health)

Educating the community about safer drug use, fighting the spread of infectious disease, and providing drug treatment enrollment.

614-460-1406
www.safepointohio.org

Services Offered:

- Syringe access & safer injection use education
- HIV/STI/Hepatitis C testing and care
- Drug intervention treatment & counseling
- Overdose prevention education

Locations & Hours:

- Equitas Health (Short North)
1033 N. High St.
Tuesday: 3–5:30 p.m.
Saturday: 8:30 a.m.–12:30 p.m.
- Southeast, Inc. (Franklin Station)
524 B W. Broad St.
Friday: 8:30 a.m. – 12:30 p.m.

Notes:

