If you are pregnant and have hepatitis B, the virus can easily infect your newborn through your blood at birth. The baby can then carry this serious disease for a lifetime. To prevent infection to your baby and damage to your liver, make sure you see your doctor for hepatitis B and your baby is protected with immunizations.

# Use this chart to track your care and your baby's care!

# K

### For Mom

Make sure your

living with you

are tested for

spouse and those

hepatitis B during

your pregnancy.

### **1st Trimester & 2nd Trimester**

See a doctor for hepatitis B care and get blood tests to check your hepatitis B virus level and other liver tests.

If needed, your doctor may talk to you about taking hepatitis B medication.

**For Baby** 



### **3rd Trimester**

Your doctor will check your hepatitis B virus level before or at 28 weeks to decide if you need to start hepatitis B medication to prevent infection of your baby.

### At Birth

Tell the staff at the hospital you have hepatitis B.



### 1-2 Months

If You Have Hepatitis B

**Protect Your Baby** 

- Follow-up with your doctor for hepatitis B care if you were started on treatment during pregnancy.
- Tell the doctor who will care for your baby that you have hepatitis B.

### 6 Months

& Your Health

Follow-up with your doctor for hepatitis B monitoring at least every 6 months.



### 

# At Birth

Baby must receive 2 shots within 12 hours of birth to protect from infection.



One shot of hepatitis B immunoglobulin (HBIG)



1st shot of the hepatitis B vaccine

Once your baby gets the HBIG shot and hepatitis B vaccine, it is safe to breastfeed. You cannot give your baby hepatitis B from breast milk. Ask your doctor if you should still breastfeed if you have cracked nipples or open sores on your breast.

### 1-2 Months

Your baby is due for their 2nd hepatitis B vaccine.



2nd shot of the hepatitis B vaccine

#### 6 Months

Your baby is due for their 3rd hepatitis B vaccine.



3rd shot of the hepatitis B vaccine

### 9-12 Months

Your baby needs a blood test to check their hepatitis B status.

This is special for babies born to mothers with hepatitis B.



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Hospital staff will give you an immunization card to track baby's shots. Bring this card to all of your baby's doctor visits.

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Acknowledgements: The creation of this material was funded by the Prevent Cancer Foundation and modeled after Charles B. Wang Community Health Center's Hep B Roadmap.

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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意:如果您使用中文,您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu ban nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho ban. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

如果您患有乙型肝炎並且懷孕,寶寶出生時很可能會通過您的血液感染到乙肝病毒。 受感染的寶寶會終生攜帶這種嚴重的病毒。為了保護寶寶免受病毒感染並保護 您的肝臟免受損傷,請定期去看醫生,並確保您的寶寶按時接受疫苗注射。

# 您的心肝寶貝保護好了嗎?

# 請參考這份檢查清單安排您和寶寶的醫療護理!



媽媽的 檢查清單

### 第一孕期及第二孕期

約見您的醫牛進行乙肝護理 接受血液檢查了解您的乙肝 病毒含量,並進行其它肝功能 檢查。



如有需要,您的醫牛可能會 建議您服用乙肝藥物。

寶寶的

檢查清單



### 第三孕期

您的醫牛會在孕期 第28週或之前檢查 您的乙肝病毒含量, 決定您是否開始服用 乙肝藥物以預防您的 寶寶受到病毒感染。

### 分娩時

告知醫院的 醫護人員您 患有乙型肝炎。



### 分娩後1-2個月

- 如果您在懷孕期間開始了 乙肝治療,請與您的醫生跟進 乙肝護理。
- 告知寶寶的兒科醫牛您患有 乙型肝炎。

### 分娩後6個月

至少每六個月與 您的醫生跟進一次, 監測您的乙肝狀況。



寶寶1-2 個月

寶寶應該

接受

第二針

乙肝疫苗。

第二針乙肝疫苗

# 寶寶6個月

寶寶應該 接受 第三針 乙肝疫苗。



第三針乙肝疫苗

### 寶寶9-12個月

寶寶 需要接受 血液測試, 以檢查他們 的乙肝狀況。

血液測試是專門為 乙肝媽媽的寶寶而 進行的檢查。

# 在您懷孕期間, 請確保您的配偶 和與您共同生活 的人士都接受 乙肝檢查。



### 寶寶出生時

寶寶在出生後12小時內必須接受兩針疫苗注射,以保護寶寶 免受感染。



一針乙肝免疫球蛋白 (HBIG)



第一針乙肝疫苗

當寶寶注射了乙肝免疫球蛋白和乙肝疫苗後,母乳餵養寶寶是安全 的。寶寶並不會因為母乳餵養而感染乙肝病毒。如果您乳頭破裂或 乳房上有瘡或傷口,請諮詢您的醫生是否應該繼續進行母乳餵養。

醫院的醫護人員會給您一張疫苗注射卡,以記錄寶寶疫苗接種的 情況。今後每次寶寶看醫生時,都應帶上這張卡。

> 致謝:本資料由美國癌症預防基金會(Prevent Cancer Foundation)贊助提供, 並改編自王嘉廉社區醫療中心(Charles B. Wang Community Heath Center) 提供的「如果你患有乙型肝炎,應保護你的寶寶不受乙肝感染」教育資料。



NORTH EAST

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