

What should you do if you have HBV infection?

- Regular doctor visits every 6 to 12 months for blood tests and to screen for liver cancer.
- Not all people infected with hepatitis B will need medication.
- You should also:
 - Get the hepatitis A vaccine
 - Avoid drinking alcohol
 - Make sure your family gets tested and vaccinated for hepatitis B
- If you are pregnant, make sure your newborn receives the first hepatitis B vaccine and the hepatitis B immunoglobulin shot at birth. Then you should make sure your baby completes the vaccine series on schedule. Breastfeeding is safe for your baby.

Take control of your own health and learn about the management and treatments available for hepatitis B.

如果受乙型肝炎病毒感染，您應該怎麼做？

- 每6至12個月做一次定期抽血檢查及肝癌檢測。
- 並非每個感染乙型肝炎的人都需要服藥。
- 您也應該：
 - 接種甲型肝炎疫苗
 - 避免飲酒
 - 確保您的家人接受乙型肝炎測試及接種疫苗
- 如果您正在懷孕，確保您的嬰兒出生後即接種乙型肝炎疫苗及注射乙肝免疫球蛋白(hepatitis B immunoglobulin)，以及按時接種之後一系列的疫苗。母乳喂養對您的寶實是安全的。

掌握自己的健康。主動了解關於乙型肝炎的護理和治療方法。



Who should be tested for hepatitis B?

Testing for HBV is recommended for:

- People born in Asian countries such as China, Hong Kong, Taiwan, and Vietnam
- Unvaccinated people whose parents are from regions with high rates of HBV
- Infants born to a HBV infected mother
- All pregnant women
- Household contacts and sex partners of HBV infected persons
- Injection drug users
- Men who have sex with men

誰應該接受測試？

建議以下的人接受乙型肝炎檢測：

- 在中國，香港，台灣和越南等亞洲地區出生的人
- 未接種疫苗且父母來自乙型肝炎高發地的人
- 受乙型肝炎感染的孕婦所產出的嬰兒
- 所有孕婦
- 乙型肝炎患者的性伴侶及同住的家人
- 注射吸毒者
- 與同性發生性關係的男性

PLEASE CALL TO SCHEDULE AN APPOINTMENT WITH NEMS!

請致電東北醫療中心查詢或預約：

(415) 391-9686
(650) 550-3923
(408) 573-9686

Clinic Locations 診所地址

San Francisco 三藩市

- 1520 Stockton Street
- 2574 San Bruno Avenue
- 82 Leland Avenue
- 1033 Clement Street
- 1400 & 1450 Noriega Street
- 3431 Taraval Street
- 518 Ellis Street

Daly City 帝利市

- 211 Eastmoor Avenue

San Jose 聖荷西

- 1870 Lundy Avenue

Visit the NEMS website for more information:
WWW.NEMS.ORG

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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

Resources:

- Asian Liver Center at Stanford University
- Centers for Disease Control and Prevention
- San Francisco Hep B Free

NEMS Rev. 02/2020

Hepatitis B

General Information

乙型肝炎須知



What is hepatitis B?

Hepatitis B is a contagious liver disease caused by the hepatitis B virus (HBV).

- **1 in 12** Asian Americans has a life-long infection with HBV.
- Most HBV carriers are not aware of their infection status.
- Without appropriate lab tests and treatment, **1 in 4** HBV carriers will die from liver cancer or liver failure.

Since there are rarely any symptoms, it is important to get tested for HBV. Early diagnosis and treatment can help prevent liver damage.

什麼是乙型肝炎？

乙型肝炎是由乙型肝炎病毒 (HBV) 引起的一種傳染性肝病。

- 十二分之一的亞裔美國人成為終身乙型肝炎帶菌者。
- 大多數乙型肝炎帶菌者並不知道他們已受感染。
- 如果沒有進行適當的化驗和治療，四分之一的乙型肝炎帶菌者會死於肝癌或肝衰竭。

因為乙型肝炎幾乎沒有任何病症，所以進行檢測是非常重要的。及早發現和治療能有效幫助預防乙型肝炎對肝臟的損害。



What are the symptoms of hepatitis B?

HBV is often referred as a “silent killer” because there are often no symptoms until it is too late for effective treatment. Most people will not feel or look sick. Symptoms may include:

- Yellowish eyes and skin with dark urine
- Tiredness / fatigue
- Abdominal pain

乙型肝炎有什麼症狀？

乙型肝炎病毒經常被視為「無聲殺手」，因為在錯過有效的治療期前，它通常沒有症狀。大多數人不會感覺不舒服，亦沒有出現病態。乙型肝炎的症狀可能包括：

- 眼睛及皮膚帶黃，伴有深色的小便
- 疲勞
- 腹痛

How is hepatitis B spread?

- The virus is spread from exposure to infectious blood or bodily fluids such as semen or vaginal fluids.
- An infected mom can pass it to her baby at birth.
- Sharing needles / syringes / razors / toothbrushes and wound contact
- Unprotected sex with an infected person

Hepatitis B is NOT spread through:

- Touching, kissing, hugging
- Sharing food or drinks
- Breastfeeding
- Coughing or sneezing

乙型肝炎如何傳播？

- 病毒通過受感染的血液或體液 (例如精液或陰道分泌物) 傳播。
- 受感染的孕婦在生產過程中可能會將病毒傳染給嬰兒。
- 共用針頭／針筒／剃鬚刀／牙刷和傷口接觸。
- 與受感染者發生無安全措施的性行為。

乙型肝炎並不會經由以下途徑傳播：

- 觸摸，親吻，擁抱
- 分享食物或飲品
- 母乳喂養
- 咳嗽或打噴嚏

How is hepatitis B diagnosed?

Hepatitis B is diagnosed through blood tests. Ask your doctor for:

- Hepatitis B surface antigen (to see if you have active HBV infection)
- Hepatitis B core antibody (to see if you have been exposed to HBV)
- Hepatitis B surface antibody (to see if you are protected against HBV).

乙型肝炎如何診斷？

乙型肝炎能通過血液測試診斷。請向您的醫生要求做以下測試：

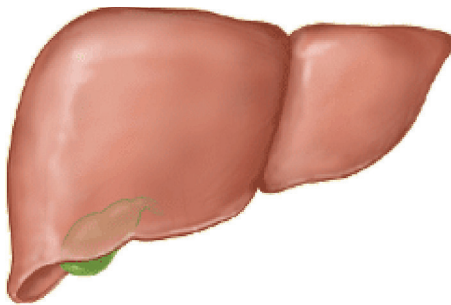
- 乙型肝炎表面抗原 (測試是否有活性乙型肝炎感染)
- 乙型肝炎核心抗體 (測試是否已暴露於乙型肝炎)
- 乙型肝炎表面抗體 (測試是否受抗體保護)



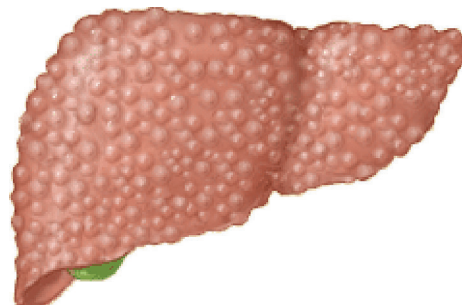
Healthy Liver
健康的肝

Liver Cancer
肝癌

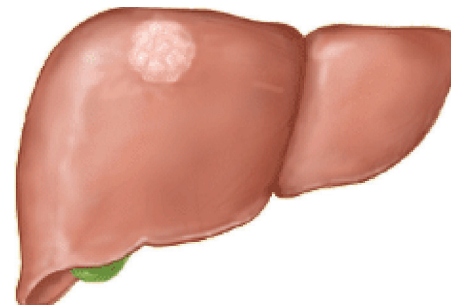
Healthy Liver 健康的肝臟



Liver Cirrhosis 肝硬化



Liver with Tumor 長腫瘤的肝



Can hepatitis B be prevented?

Yes! If you are not infected with hepatitis B, you can get vaccinated against it. The hepatitis B vaccine, also known as an “anti-cancer vaccine”, is a 3-shot series over 6 months that can protect you for life. It is safe to get the vaccine even during pregnancy.

是否能預防乙型肝炎？

是！如果沒有感染乙型肝炎，您可以通過接種疫苗來預防。此疫苗亦被稱為「防癌疫苗」，只要成年人在相隔一個月以上分別注射兩次疫苗注劑，兒童在六個月分別注射三次疫苗注劑，便可終身免疫。懷孕期間也能進行疫苗接種。