

Recommendation for patients with an infectious Hepatitis B- and/or –C infection

(Stand: 20.01.2019)

Hinweis (Important Note):

Bei der hier vorliegenden Übersetzung des deutschen Originaldokuments haben wir uns größte Mühe gegeben. Dennoch weisen wir darauf hin, dass der Inhalt des deutschen Merkblatts maßgeblich ist, und dass für eventuelle Übersetzungsfehler keine Haftung übernommen werden kann, ebenso wenig für die Aktualität der vorliegenden Übersetzung im Falle zeitlich nachfolgender Überarbeitungen der deutschsprachigen Vorlage.

People suffering from acute or chronic Hepatitis B or C may infect others. Body fluids like blood, semen or vaginal secretions contain the virus, so an infection can occur if such body fluids enter another body through skin lesions, mucous membranes or directly with needles or other sharp instruments. Normal social contacts don't pose a risk. And in close contacts the following measures help preventing a transmission of Hepatitis B and / or C:

- Please note the basic rules of **individual hygiene!** Don't share personal articles such as towels, washcloths, scissors, toothbrushes or shavers with others!
- **Inform your sexual partners** about your Hepatitis B- and/or -C-infection. Use condoms when having sex to protect your partner.
- **Family members and (sexual) partners** of someone who is infected with Hepatitis-B-should get vaccinated against Hepatitis B. There is no vaccination against hepatitis C.
- **Family members and (sexual) partners** of someone who is infected with Hepatitis-B or C might have acquired the infection. They should consult a physician to discuss if a laboratory test should be conducted. Please inform former (sexual)partners, too, if there might have been a risk of infection.
- Hepatitis B- and/ or -C – infected pregnant women or mothers of a newborn should discuss with their gynecologist which measures are best to prevent the ba-

by from getting infected.

- Please inform **medical personnel (such as doctors, dentists, midwives, naturopaths and paramedics)** as well as other people who can get in contact with body fluids about your Hepatitis B- or C-infection. This helps them to apply measures to be adequately protected.
- Some **professional activities** can pose a risk to others (e.g. working as a doctor or a nurse, manicure, tattooing,). Discuss necessary precautions with your physician, company doctor or health authority.
- Do not donate **blood, semen, tissue or organs**.
- Never give **used syringes or needles** to anyone else (e.g. as diabetic or when using iv-drugs), as they can be contaminated with Hepatitis B- and/or -C-virus.

We suggest consulting a physician to discuss the possible need for treatment.

You can obtain further information on our homepage

www.gesundheitsamt.neustadt.de

or by telephone 09602-79-6210.