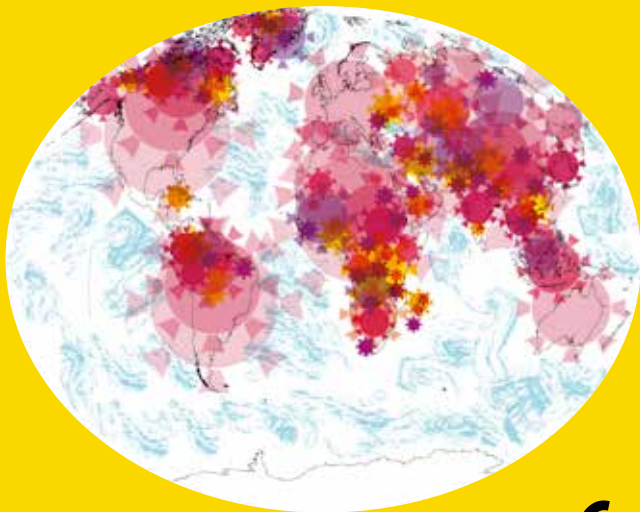


It concerns us all



**Hepatitis B and C...**  
...and us



This brochure is a result of the combined effort of “public” and “professional” groups under the coordination of the Prometheus Hepatitis Network in the Isère.

## A big thank you to the participants!

Abdalouhab, Abdelhakim, Aïcha, Alexandre, Anouch, Elisabeth, Fatima, Fitim, Iulia, Jaspal, Kanga, Lukoki-Lady, Magribe, Marie, Naadire, Narine, Orzhen, Paruire, Pratima, Rudi, Shadi, Shkumbim, Spartak, Taulant, Valon, Wajdi, Yeseda, Zinfira, ...

### **To the professionals of the work group and to the steering committee**

Denise Bezet (IDE, le CATA LPA), Marc Brisson (coordinateur ODPS), Gaëlle Dubruc (coordinatrice COREVIH), Dr Bruno Froissart (HGE libéral), Nathalie Hannhart (psychologue de la prévention, Prométhée), Dr Marie-Noëlle Hilleret (PH, CHU Grenoble), Messaouda Ahdjila-Khellaf (animatrice socio-éducative, CADA le Cèdre), Elhadji M'Baye (sociologue, ORSPERE/Samdarra), Hélène Mollard (assistante, Prométhée), Nathalie Muller (IDE, CHU Grenoble), Pascal Pourtau (coordinateur, CRIPS), Jonathan Quard (chargé de prévention, AIDES), Saadia Safsaf (IDE, ODTI), Thierry Trilles (coordinateur AIDES) et Simon (élève IDE, ODTI).

### **To the voluntary translators and to the interpreters of the ADATE and the EPU**

Nerxhivane Elbasani, Maximilien Pofelski, Jessica Howkins, Fares Gueddah, Achot Akopian, Zrinka Radic, Juliette Lalanne, Vaclav Capek, Karine Maura, Irina Rafaelyan, Paolo Fonti, Angelo Lemma, Tatiana Badin, Battulga Enkhbayar, Rahim Ebrahim, Joanna Pofelski, Abinoan Siqueira, Aurora Tatu, Christina Moreva, Phongsob Montiya, Sercan Genc.

### **Also to the group supervisors and to the organizations who opened their doors to us**

Adoma, Assfam, CADA le Cèdre, Centre social les Essarts, MJC Abbaye.

### **AIDES :**

Cyril Martin, Nicolas Charpentier, Anita Viossat, Franck Barbier, Muriel Briffault, Grégory Braz.

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# Why talk about hepatitis B and C?

Because they are diseases...



They are **not apparent** . . . . . p. 6



They are **frequent** occurrences . . . . . p. 8



They can be **serious** . . . . . p. 10



They can be **transmitted** . . . p. 14



They can be **avoided** . . . . .p. 14



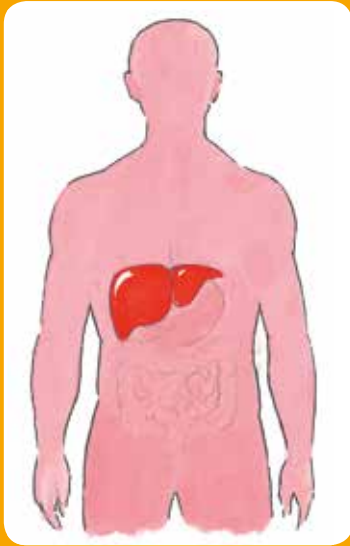
They can be **detected**. . . . . p. 24



They can be **cared for** . . . p. 26

# Hepatitis, what is it?

Hepatitis is an inflammation of the **liver**.



The liver is a **vital organ**.

It serves to store, transform, and create elements that the body requires to function, as well as to eliminate toxins.

Hepatitis can be caused either by **toxins** (alcohol, medicines, mushrooms...) or by a **virus**.



Hepatitis B and C are viral strands, which means that they are caused by viruses.



Hepatitis B Virus



Hepatitis C Virus

# What are the signs of hepatitis B or C?

Most often there are **no symptoms**.



You don't feel like you are sick.  
You don't know that you are sick.

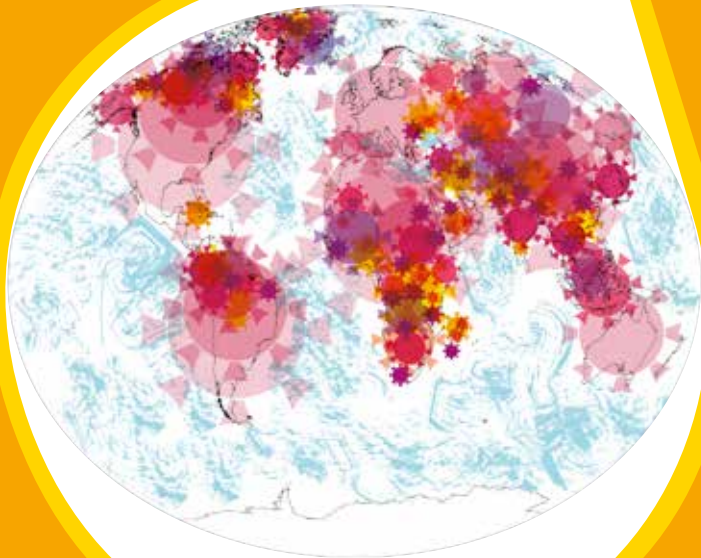
Sometimes, at the start of the infection you could have jaundice, fatigue, nausea, pain and the fatigue can persist.



The only way to know if you have hepatitis B or C is **to be screened/tested.**



# Hepatitis B and C: common illnesses?



Hepatitis B and C are **common** illnesses.

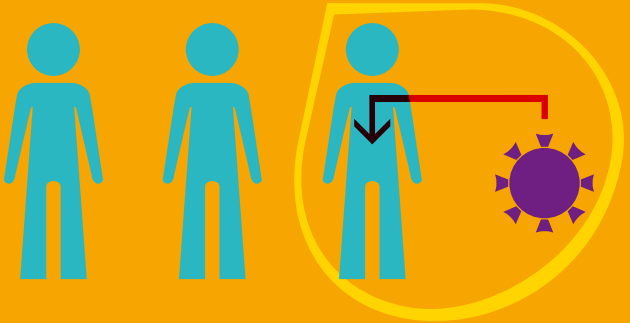
The majority of people who have hepatitis B or C **don't know it.**



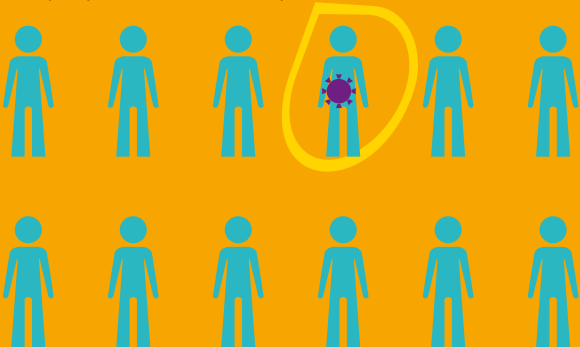


# In the world...

1 in 3 people has been in contact with the hepatitis B or C virus.



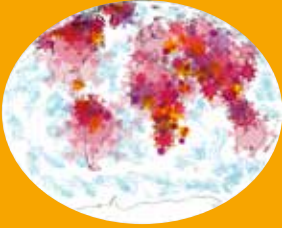
1 in 12 people has chronic hepatitis B or C.





# Hepatitis B, is it serious?

In the world...



**Contact** with  
the virus:



2 billion people

10%

## Chronic hepatitis:

The virus stays and  
continues to multiply  
in the liver.



1%

**Fulminant hepatitis (acute liver  
failure):** The virus destroys the liver.



89%

## Recovery:

The virus is eliminated  
from the organism.





Prognosis without treatment, over 20 to 30 years

**Fibrosis**



**Cirrhosis**

20 to 40%



**Cancer**



80%

600,000 **deaths** per year



Even if cured, **regular follow-up** with a doctor.





# Hepatitis C, is it serious?

In the world...



**Contact** with  
the virus:



200 million people

80%

## **Chronic hepatitis:**

The virus stays and  
continues to multiply  
in the liver.



20%

## **Recovery:**

The virus is eliminated  
from the organism.





Prognosis without treatment, over 20 to 30 years

**Fibrosis**



**Cirrhosis**

20 to 40%



**Cancer**



350,000 **deaths** per year



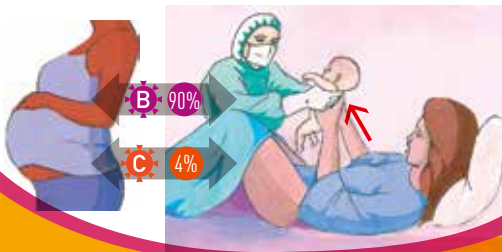
Even if cured, **regular follow-up** with a doctor.





# Hepatitis B and C: How are they transmitted?

Via mother-to-child transmission, during **pregnancy** or **birth** when the mother is contaminated.



## – How do you avoid it?

## Getting



There is a harmless but effective vaccine against hepatitis B for babies, children, teenagers, and adults. When you are vaccinated against hepatitis B, there is no risk of contracting or of transmitting the disease.



There is **no vaccine** against hepatitis C.



## – How do you avoid it?



When the mother has hepatitis B, a special vaccination can be given to the baby at its birth to ensure his/her protection: **sero-vaccination.**



There is **no sero-vaccination** against hepatitis C, but the risk of transmission to the baby is much less.



## vaccinated



## Where can you be vaccinated?

- At the doctors,
- At a free vaccination center.





# Hepatitis B and C: How are they transmitted?



Through **sexual activity without condoms with a contaminated person:** either involving the genitals, the anus or the mouth, between men and women or people of the same sex.



The more partners  
a person has, the higher  
the risk of contamination.



The C virus can be transmitted during sexual intercourse, **mainly by blood contact** (during menstruation, in case of open wounds or during sexual intercourse where injuries may occur).





## – How do you avoid it?



By using either :

- a male **condom**,



- a female **condom**.



And

- **a glove** for penetration with hands,
- **A dental barrier** (latex square) for use during oral sex,
- **lubricant** that limits the risk of the contraceptive rupturing or tearing.



**Use a new condom, a new glove for each sexual partner.**

**If you use any sex toys, clean them and use a condom.**



# Hepatitis B and C: How are they transmitted?

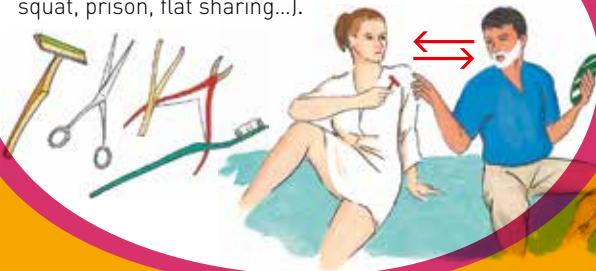
**During medical treatment** in certain countries, or in France before 1992:  
Transfusion, large operations, intensive health care with unsterile equipment.



By **blood**



By sharing **toiletries** (e.g. razors) that could have been in contact with blood (for example in the family circle, squat, prison, flat sharing...).



## – How do you avoid it?



Ask for **new, disposable** toiletry objects.



Use only **personal** toiletries.





# Hepatitis B and C: How are they transmitted?

By **sharing materials related to drug usage:**  
syringes, cotton, filters, spoons, straws,  
crack pipes...



By **blood**



When getting **tattoos, piercings or scarifications...**  
with previously used materials:  
needles, ink, jewelry...



## - How do you avoid it?



If you take drugs, using  
**sterile throw away material.**



When you visit a **professional**  
who uses **throw away material.**



# There is no risk of transmission



There is a small risk of transmission of hepatitis B through French kissing.



# And If I have hepatitis B or C?

**Treatments** do exist.



For hepatitis B, the treatment doesn't cure the disease but it stops the virus from multiplying: it allows you to have a normal life.



When you are sick, it is **important**:

- To **not stop the treatment** during the prescription duration.
- To **see a doctor regularly** and to take control tests.
- To speak about it with those around you and to **get help** if you need it.







For hepatitis C, 1 or 2 tablets/day during 8 to 12 weeks, available for everyone, few side effects, cures in most cases (reimbursed by the French Social Security).



You may be reinfected!



- To **limit** alcohol, cannabis, tobacco, and weight gain that could aggravate the disease.

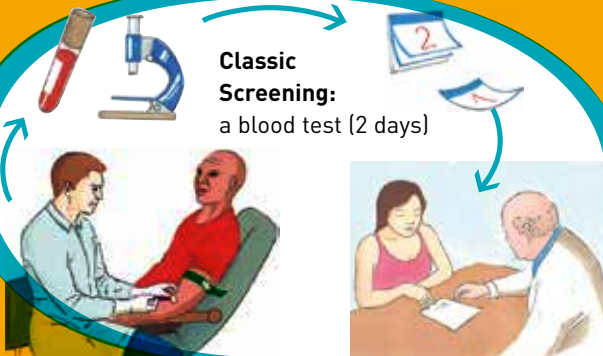


# How do I know if I have hepatitis B or C?

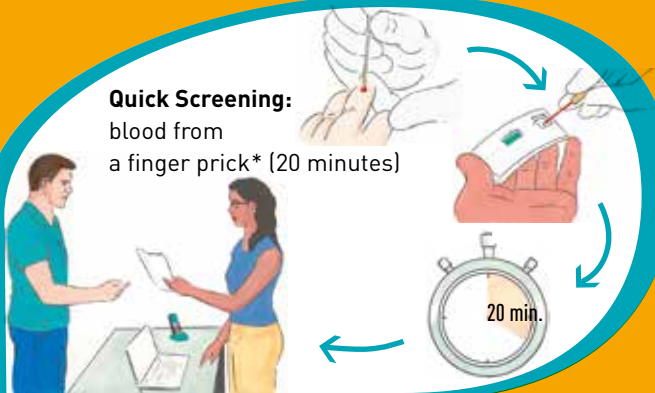
## Get screened/tested

The test specifically tries to find out if the hepatitis virus is present.

**Classic Screening:**  
a blood test (2 days)



**Quick Screening:**  
blood from  
a finger prick\* (20 minutes)



\* If the test reveals that the virus is present, you must have a full blood test to confirm the result.



## When do you need to be checked?

- 3 months after taking the risk when you have been in contact with blood or sexual fluids,
- In case you are travelling to a country at risk of endemic disease, if you are born in a country at risk of endemic disease, if you stay in prison, if one of your relatives suffers from hepatitis...
- **Regularly in case you are at risk or as soon as there is any doubt.**

## Where can I get a screening done?

- With a doctor's prescription, in a laboratory.
- Without prescription in free screening consultation center (Cegidd).
- In certain associations.



A negative test doesn't protect you from infection. You can still contract the virus at a later time if you lead a risky lifestyle.





# Hepatitis A

## Frequency and mortality in the world



- 1.4 million cases/year
- 7,000 deaths/year



**In France the amount of new cases is growing.**

## What are the signs of hepatitis A?

Tiredness, fever, sickness, diarrhea, pains, loss of appetite, jaundice...



**In certain cases you do not feel ill,  
but the virus may have been transmitted.**

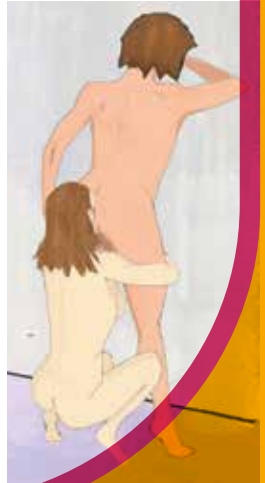
# How is it passed on?



By drinking or eating food that is contaminated by **poop** (oral contact with stools).



By unsafe sexual relationships, in the presence of **stools**, even when there is very little of it and invisible to the eye: “anulingus” or “rimming”, but also a blow job after anal sex, sex toys that have been used before...



During **childbirth** if the mother is infected.



## And what if one has hepatitis A?

There is **no treatment** for hepatitis A.

In 99% of the cases,  
the organism eliminates  
the virus within a few weeks.



**In rare cases**, the virus can develop and  
become more dangerous, **a raging hepatitis**,  
that would need a liver transplant.



And **after you have  
recovered?**

**The antibodies  
protect you**  
against  
a new infection.



## How to avoid this?

**Vaccination  
is the best method  
to avoid having  
hepatitis A.**



# How to avoid this?



**Wash  
your hands**  
several times a day.



Take **drinking  
water.**



**Hygiene**  
when  
preparing  
your meal.



**Protection**

during sex **with internal  
women's condoms/external  
men's condoms, dental barriers**  
(latex squares), **gloves**. Change  
your material whenever you change  
partners.



If you use sex objects: clean them  
and use a condom.

# What about other hepatitis viruses?

They are rarer and less dangerous.

You could have **several hepatitis viruses** simultaneously, which increases the

## Hepatitis D

Prevalence  
and mortality  
in the world



Contracted at the same time or shortly after hepatitis B.  
The D virus uses the B virus to multiply itself.  
10 million chronic cases.

Transmission



Evolution



Recovery 20%



Chronic hepatitis 80%



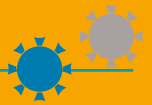
Treatment



Prevention







risk of complications.

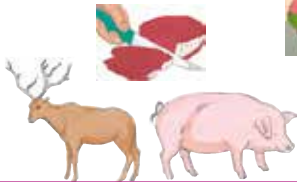
## Hepatitis E

20 million cases/year

70,000 deaths/year

Very rare in France

Contaminated pork or cervid meat.  
Soiled water and food.



Recovery 99%

Fulminant hepatitis 1%





# Whom can you turn to?

	INFORMATION	PREVENTION	SCREENING
<b>Prométhée Réseau Hépatites</b> ☎ 04.76.24.90.37 St-Martin-d'Hères — GCS MRSI – 16, rue du Tour de l'eau			
<b>General physicians or specialists</b> (hepatogastro-enterologues)			
<b>AIDES</b> Find a walk-in consultation hour or a place where they do tests close to where you live. <a href="http://www.aides.org">www.aides.org</a>			
<b>Cegidd: be tested close to your home</b> Information <a href="http://www.sida-info-service.org">www.sida-info-service.org</a> ☎ 0 800 840 800			
<b>Hépatites Info Service</b> ☎ 0 800 845 800			
<b>SOS Hépatites</b> ☎ 0 800 004 372			

VACCINE

FREE

CONTRACEPTIVES

SINGLE USE DISPOSABLE  
MEDICAL EQUIPMENT  
FOR DRUG USAGE

CARE

LISTENING,  
SUPPORT



PRO  MATHÉE  
ALPES - MONTAGNE

 **AIDeS**  
en Languedoc  
Membre de la Coalition  
Internationale Sida 

**arS**  
Agence Régionale de Santé  
Languedoc  
Rhône-Alpes

