

Hepatitis B

Te Mate Ate Kakā B

Information Guide

What you need
to know about
Hepatitis B.

Hepatitis B

Hepatitis B is a virus that can infect and damage the liver. The virus can make some people very sick.

How do people get hepatitis B?

The hepatitis B virus is transmitted by close contact with blood (or other fluids) from an infected person.

This may be from:

- cuts, scratches, etc
- sharing toothbrushes, razors, towels, facecloths
- sharing skin-piercing needles
- sexual contact without condoms
- being exposed to blood at work, if you are a doctor, dentist, nurse, laboratory worker, etc.

How do you know if you have hepatitis B?

After you have been infected with the virus, it usually takes 2–3 months for you to get sick. If you're sick with hepatitis B, you might have one or more of these symptoms:

- nausea and vomiting
- jaundice (yellow skin and eyes)
- dark urine (pee, mimi)
- pale bowel motions (poo, tūtae)
- no appetite
- aches and pains.

You should be tested for the hepatitis B virus if you

- are sick and think it might be hepatitis B
- have been in close contact with someone who has hepatitis B
- are pregnant
- want to know if you are immune or a carrier.

Hepatitis B carriers

Most people with hepatitis B clear the virus from their bodies as they get better. However some people don't clear the virus. These people are called hepatitis B carriers (or chronic hepatitis B). People

diagnosed with chronic hepatitis B generally remain in good health but can spread the disease to others. Some carriers get liver disease many years after the infection.

How do I know if I am a carrier?

You need to have blood tests. If you are a hepatitis B carrier you should tell your household and sexual contacts. They should have a blood test to check if they have the virus. Household and sexual contacts can have free hepatitis B immunisations if they are not already immune.

What does it mean if I am a carrier?

You are more likely to stay well if you:

- limit your intake of alcohol
- are careful about any medication you take (check with your doctor about this)
- ask if you should have regular tests to check for liver disease.

Carriers **SHOULD**

- always cover cuts, scratches, etc straight away
- always use condoms for sex
- consider telling their doctor and dentist that they have the virus.

Carriers should **NOT**

- share toothbrushes, razors, towels, facecloths
- donate blood, semen or organs
- share needles.

Pregnancy

Pregnant women who carry hepatitis B may pass the virus on to their baby during the birth. The infection can be prevented by giving the baby a blood product and immunising the baby straight after birth. The mother may also be given medicine during the pregnancy. All immunisations for your baby are free. Your baby will need further hepatitis B injections at the usual times to fully protect them.

Preventing your family/whānau from getting hepatitis B

Immunisation is the best way to stop the spread of hepatitis B. There are three doses for children: at ages 6 weeks, 3 months, and 5 months. It is not too late for your children to be immunised even if they have missed out. Hepatitis B immunisation is also recommended and free for:

- all children up to their 16th birthday
- household and sexual contacts of known carriers.

Immunisation is also recommended, but not free, for people who are considered at risk. If you think you are at risk, talk to your doctor or check the *Immunisation Handbook 2011*, under Hepatitis B at: www.health.govt.nz/publication/immunisation-handbook-2011

After the immunisation

People sometimes feel unwell, have redness or swelling around the injection, or a mild fever. These things shouldn't last long, but if you are worried, contact your doctor.

You can help stop the spread of hepatitis B by:

- being tested to see if you are a carrier
- using condoms for sex
- not sharing personal items
- covering cuts, scratches, etc
- immunisation.

For more information

- Talk to your doctor, nurse or health worker
- Ask your health worker for the pamphlet *Hepatitis B Factsheet for People Living with Chronic Infection* (HE2111) or view it online at www.healthed.govt.nz
- Visit the Ministry of Health website: www.health.govt.nz

Te Mate Ate Kakā B

He mate tūkinō te Mate Ate Kakā B e ngau ai i te ate. Ka tino māuiui pea ētahi tāngata nā tēnei mate.

Ka pēhea e pāngia ai te tangata e tēnei mate?

Whakawhitia ai te mate ate kakā B mā te pā tata ki te toto (ētahi atu wai tinana rānei) o tētahi tangata pāngia.

Tērā pea mā:

- ngā motu, ngā rapinga, aha atu
- te tiritiri paraihe niho, heu, tāora, tāora kanohi rānei
- te tiritiri ngira titi-kiri
- te ai me te kore pūkoro ure
- te pā ki te toto i te wāhi mahi, mēnā he tākuta koe, he tākuta niho, he tapuhi, he kaimahi taiwhanga pūtaiao, arā atu, arā atu.

Me pēhea koe e mōhio ai e pāngia ana koe e te mate ate kakā B?

Ina pāngia koe e tēnei mate, ko te tikanga ka pau ana te 2–3 marama i mua i te putanga o ngā tohu mate. Mēnā kua pāngia koe e te mate ate kakā B, ka pāngia pea koe e ētahi o ēnei tohumate:

- te paipairuaki me te ruaki
- te kanohi kōwhai (kiri kōwhai, karu kōwhai hoki)
- te mimi parauri
- te tūtae hātea
- tē hiakai
- he pākinikini me te mamae.

Me whakamātau koe ki te mate ate kakā B mēnā:

- e māuiui ana koe, ā, ki tōu whakaaro he mate ate kakā B pea
- kua pā tata koe ki tētahi tangata e pāngia ana e te mate ate kakā B
- e hapū ana koe
- e hiahia ana koe ki te mōhio kua āraia tō tinana, he kaikawe rānei koe.

Ngā kaikawe Mate Ate Kakā B

Ka whakawāteatia te mate ate kakā B e te nuinga o te hunga mate i a rātau e piki haere ana ki te ora. Engari, ka noho tonu te mate ki ētahi atu tinana. E kīia ana te hunga nei ko ngā kaikawe mate ate kakā B (te mate ate kakā B mau tonu rānei). Noho pai ai rātau kua whakatauria me te mate ate kakā B mau tonu, engari ka taea tonu te toha ki tangata kē. Ā tōna wā, ka pāngia hoki ētahi kaikawe e te mate ate.

Ka pēhea au e mōhio ai mēnā he kaikawe au?

Me whai whakamātautau toto koe. Mēnā he kaikawe mate ate kakā B koe, me whakamōhio atu ki tō hunga noho me ō hoa moe. Me whakamātau i ō rātou ake toto kia kite ai mēnā kua pāngia rānei e te mate nei. Ki te kore rātou e ārai kē ana, ka taea e te hunga noho me ngā hoa moe te whakatō kano ārai mate ate kakā B mō te koreutu.

Ka aha mēnā he kaikawe au?

Ka noho hauora koe mēnā ka:

- whakaitia te inu waipiro
- noho tūpato koe ki ngā rongoā e kāingia e koe (me kōrero koe ki tō tākuta)
- pātai koe me whakamātautau anō koe mō te mate ate.

Mō ngā kaikawe, **ME:**

- tākai wawe i ngā motu, rapinga, aha atu, aha atu i ngā wā katoa
- whakamahi pūkoro ure i ngā wā katoa ina ai ana

- whakamōhio atu pea ki tōna tākuta me tōna tākuta niho he mate tōna.

Kia **KAUA RAWA** ngā kaikawe e:

- tiritiri paraihe niho, heu, tāora, tāora kanohi rānei
- tuku toto, tātea, whēkau rānei
- tiritiri ngira.

Te Hapūtanga

Mō ngā wāhine hapū e pāngia ana e te mate ate kakā B, ka whakawhitia peate mate mai i te whaea ki tana pēpi i tōna whānautanga mai. Ka taea te ārai te mate mā te whāngai i te pēpi ki tētahi hua toto me te whakatōkano ārai mate ā muri tata i te whānautanga mai. Ka whangaia anō pea te whaea ki ētahi rongoā i a ia e hapū ana. Kāore he utu mō te kano ārai mō tō pēpi. Me haere tonu ngā weronga mate ate kakā B mōna i ngā wā e tika ana hei tiaki rawa i a ia.

Hei ārai i te pānga o te mate ate kakā B ki tō whānau

Ko te whakatō kano ārai te tikanga pai rawa kia kaua te mate ate kakā B e tohatoha. E toru ngā weronga mō ngā tamariki: hei te pakeke 6 wiki, 3 marama me te 5 marama. Kāore anō kia tūreiti kia werohia ō tamariki ahakoa i hapa te weronga i mua. E taunakihia anō te weronga kano ārai mate ate kakā B kore utu mō:

- ngā tamariki katoa tae atu ki ō rātau rā whānau 16
- ngā hoa noho me ngā hoa moe o ngā kaikawe e mōhiohia ana.

E taunakihia anō te weronga ārai mate, engari me utu, mō te hunga e noho mōrearea ana. Ki tōu whakaaro e noho mōrearea ana koe, me kōrero koe ki tō tākuta, tirohia rānei te *Immunisation Handbook 2011*, i raro i te wāhanga “Hepatitis B”, ki: www.health.govt.nz/publication/immunisation-handbook-2011

Ā muri i te weronga kano ārai mate

I ētahi wā ka āhua māuiui te tangata, ka whero, ka puku ake rānei te kiri ki te wāhi i werohia, ka āhua kirikā rānei. Ko te tikanga kāore e tino roa ēnei pānga, engari ki te māharahara koe, whakapā atu ki tō tākuta.

Ka taea te aukati te tohatoha o te mate ate kakā B mā te:

- whakamātautau kia kite ai mēnā he kaikawe koe
- whakamahi pūkoro ure ina ai
- kore e tiritiri i ngā taputapu a ētahi atu
- tākai i ngā motu, rapinga, aha atu
- whakatō kano ārai mate.

Hei whakamōhio anō

- Kōrero atu ki tō tākuta, tapuhi, kaimahi hauora rānei.
- Pātai atu ki tō kaimahi hauora mō te pānui whakamārama ko *Hepatitis B Factsheet for People Living with Chronic Infection* (HE2111), tirohia ā-tuihono rānei ki: www.healthed.govt.nz
- Tirohia te pae tukutuku o te Manatū Hauora ki: www.health.govt.nz

New Zealand Government



This resource is available at www.healthed.govt.nz or from the Authorised Provider at your local DHB.
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