

Communicable Disease Health Education and Risk Reduction Fact Sheet

Please read the following information on Hepatitis B & C, HIV/AIDS and TB. Certain behaviors associated with substance use may put you at risk for infection or infecting others.

Hepatitis B Virus (HBV)

What is it?	Risk Factors / Behaviors	How can you protect yourself?
<p>A serious disease caused by a virus that attacks the liver.</p> <p>HBV can cause life long infection, cirrhosis (scarring of the liver), liver cancer, liver failure, and death.</p> <p>Transmission of HBV occurs when the blood of an infected person enters the body of a person who is not infected.</p> <p>* HBV is 100 times more infectious than HIV</p>	<ul style="list-style-type: none"> • Sexual contact with an infected person • Multiple sex partners (more than 1 partner within a 6 month period) • Men who have sex with men • Diagnosis of a sexually transmitted infection Injection drug use, sharing needles, syringes, cookers, cotton, water, rinse cups or other paraphernalia • Body piercing or tattooing (non-commercial) • Household contact of a chronically infected person • Hemodialysis patient Infants born to infected mothers • Traveling in countries where HBV is common • Occupational exposure (accidental needle stick, etc.) <p>* Most HBV infections are acquired through unprotected sex with HBV-infected partners or through shared needles used for injection drug use</p>	<ul style="list-style-type: none"> • Get vaccinated Hepatitis B vaccine is safe, effective and your best protection • Practice "safer sex" If you are having sex, but not with one steady partner, use latex or polyurethane condoms correctly every time you have sex • Don't share anything that might have blood on it, including: needles, syringes or any other drug paraphernalia; personal care items, such as razors or toothbrushes • Do not shoot drugs; if you shoot drugs, stop and get into a treatment program; if you can't stop, never share needles, syringes or any other drug paraphernalia • Get tested for HBV if you are pregnant
<p>Signs & Symptoms</p> <ul style="list-style-type: none"> • Fatigue • Abdominal pain • Loss of appetite • Nausea, vomiting • Joint pain • Jaundice <p>* 30% of persons have no signs or symptoms</p> <p>How do you know if you have HBV?</p> <ul style="list-style-type: none"> • Only a blood test can tell you for sure 		

HIV/AIDS

What is it?	Risk Factors / Behaviors	How can you protect yourself?
<p>HIV is a virus that attacks the immune system. HIV is the virus that causes AIDS.</p> <p>* There is no cure for HIV infection</p>	<ul style="list-style-type: none"> • Unprotected sexual contact with an infected person • Injection drug use, sharing needles, syringes, cookers, cotton, water, rinse cups or other paraphernalia 	<ul style="list-style-type: none"> • Practice "safer sex" If you are having sex, but not with one steady partner, use latex or polyurethane condoms correctly every time you have sex

<p>Signs & Symptoms</p> <ul style="list-style-type: none"> • Fatigue • Swollen lymph nodes • Fever/night sweats • Weight loss • Diarrhea • Respiratory problems <p>How do you know if you have HIV?</p> <ul style="list-style-type: none"> • Only a blood test can tell you for sure 	<ul style="list-style-type: none"> • Multiple sex partners (more than 1 partner within a 6 month period) • Diagnosis of a sexually transmitted infection • Infants born to infected mothers (before or during birth or through breast-feeding after birth) • Occupational exposure (accidental needle stick, etc.) 	<ul style="list-style-type: none"> • Do not shoot drugs; if you shoot drugs, stop and get into a treatment program; if you can't stop, never share needles, syringes or any other drug paraphernalia • Get tested for HIV if you are pregnant
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Hepatitis C Virus (HCV)

What is it?	Risk Factors / Behaviors	How can you protect yourself?
<p>A serious disease caused by a virus that attacks the liver.</p> <p>HCV can cause life long infection, cirrhosis (scarring of the liver), liver cancer, liver failure, and death.</p> <p>* If you have hepatitis A or B, you can still become infected with hepatitis C</p>	<ul style="list-style-type: none"> • Injection drug use, sharing needles, syringes, cookers, cotton, water, rinse cups or other paraphernalia • Receiving clotting factors made before 1987 • Hemodialysis patient • Receiving blood or solid organs before 1992 • Infants born to infected mothers • Sharing personal care items (razor, toothbrush, etc.) with an infected person • Multiple sex partners (more than 1 partner within a 6 month period) • Sex with an infected person • Body piercing or tattooing (non-commercial) • Occupational exposure (accidental needle stick) <p>* Most HCV infections are due to injection drug use</p>	<ul style="list-style-type: none"> • Do not shoot drugs; if you shoot drugs, stop and get into a treatment program; if you can't stop, never share needles, syringes or any other rug paraphernalia • Get vaccinated against hepatitis A & B • Don't share anything that might have blood on it including; personal care items, such as razors or toothbrushes <p>* HCV can be spread by sex, but this is rare. If you are having sex with more than one steady sex partner, use latex or polyurethane condoms correctly and every time</p> <p>* Drinking alcohol can make HCV infection worse</p>
<p>Signs & Symptoms</p> <ul style="list-style-type: none"> • Fatigue • Dark urine • Abdominal pain • Loss of appetite • Nausea • Jaundice <p>* 80% of persons have no signs or symptoms</p> <p>How do you know if you have HCV?</p> <ul style="list-style-type: none"> • Only a blood test can tell you for sure 		

TB (Tuberculosis)

What is it?	Risk Factors / Behaviors	How can you protect yourself?
<p>A disease caused by germs that are spread from person to person through the air.</p> <p>TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys or the spine.</p> <ul style="list-style-type: none"> * TB germs are put into the air when a person with TB disease coughs, sneezes, speaks or sings * A person with TB can die if they do not get treatment 	<ul style="list-style-type: none"> • Spending time with a person known or suspected to have active TB disease • HIV infection or another infection/condition that puts you at high risk for contracting a communicable disease • You are from a country where active TB disease is very common (most countries in Latin America and the Caribbean, Africa, Asia, Eastern Europe, and Russia) • You live somewhere in the United States that active TB disease is more common such as a homeless shelter, migrant farm camp, prison or jail, and some nursing homes) • Injection drug use 	<ul style="list-style-type: none"> • If you have been around someone who has TB disease OR symptoms of TB, you should go to your doctor or your local health department for tests • Do not shoot drugs; if you shoot drugs, stop and get into a treatment program; if you can't stop, never share needles, syringes or any other drug paraphernalia
<p>Signs & Symptoms</p> <ul style="list-style-type: none"> • Feelings of sickness or weakness • Weight loss • Fever • Night sweats • Coughing • Chest pain • Coughing up blood <p>How do you know if you have TB?</p> <ul style="list-style-type: none"> • A skin test or a blood test can tell you for sure 		