

SUMMER CELEBRATION SERIES: JULY

RESOURCES:

If you want to learn more about Hepatitis:

<https://www.cdc.gov/hepatitis/index.htm>

Immunization information:

<https://www.dhd10.org/men-women/immunizations/>

<https://www.dhd10.org/parents-families/immunizations/>

<https://www.cdc.gov/vaccines/parents/index.html>

Testing near you:

<https://www.dhd10.org/men-women/communicable-disease-epidemiology/>

<https://www.dhd10.org/get-an-std-testtreatment/>



Source: <https://www.worldhepatitisalliance.org/resources>

July 28th is World Hepatitis Day

July marks an important month, but not just because of Independence Day. July is also home to World Hepatitis Day. The entire globe recognizes June 28th as World Hepatitis Day! This observance is a huge deal, as it is one of seven officially mandated global public health days by the World Health Organization. [2] World Hepatitis Day is celebrated on the birthday of the scientist, Dr. Baruch Blumberg, who discovered Hepatitis, created a diagnostic test, and developed the first vaccine. [1]

Why is Hepatitis Awareness Important?

Hepatitis is a virus that causes inflammation of the liver. [1] There are five strains of Hepatitis. The most common infections are A, B, and C, as Hepatitis D and E are rarer strains of the virus. [3] The number of individuals affected by Hepatitis around the world is massive. Approximately 325 million people globally are living with hepatitis and approximately 1.4 million people die from Hepatitis-related causes each year. [1]

Hepatitis A is commonly spread through improper hygiene practices, such as not washing hands after using the restroom and then preparing food. Hepatitis A is transmitted through infected feces. [3] Infected individuals may not experience symptoms. If symptoms are present, an infected individual might experience nausea, loss of appetite, diarrhea, fever, discomfort, dark-colored urine, jaundice, or abdominal pain. [3]

Hepatitis B and C are spread through needles used by an infected person, having sex with an infected person without protection, and sometimes from a mother to her unborn child during childbirth. Exposure to blood is a risk for transmission. [3] Like with Hepatitis A infections, individuals may experience no symptoms. If symptoms are present, they might include nausea, loss of appetite, diarrhea, fever, discomfort, dark-colored urine, jaundice, or abdominal pain. [3]

How to Take Part in World Hepatitis Day

Some types of Hepatitis are preventable by vaccines. Look at the resources section for more information regarding immunizations and take this day to get vaccinated if you have not yet done so! If you are experiencing symptoms or have been exposed, get tested on World Hepatitis Day. A link to more information regarding testing is in the resources section. Always practice preventive measures and use this holiday to tell your friends and family members the importance of Hepatitis awareness and prevention.



Source: <https://sph.cuny.edu/life-at-sph/news/2020/12/09/early-hep-c-testing/>

Sources

1. World Health Organization. (2021). *World Hepatitis Day*. World Health Organization. <https://www.who.int/campaigns/world-hepatitis-day>.
2. World Hepatitis Day. (2018). *What is Viral Hepatitis?* World Hepatitis Alliance. <https://www.worldhepatitisalliance.org/resources>.
3. New York State. (2020, October). *New York State Department of Health, The A, B, Cs of Viral Hepatitis*. <https://www.health.ny.gov/diseases/communicable/hepatitis/>.