

# Easy B Facts

## Sex and Hepatitis B

In the U.S. the most common way people get hepatitis B (HBV for short) is from having sex with someone who has HBV. HBV is in blood and it is also found in semen, vaginal fluids and menstrual blood. All types of sex (oral, anal, vaginal sex) can transmit HBV.

The HBV vaccine is the best

way to protect you and others from getting HBV. Other ways to prevent sexual transmission of HBV is to use condoms or rubbers for oral sex on men as well as for vaginal or anal sex. Change condoms between anal, vaginal and oral sex, even if a male has not ejaculated or come.

*The two best ways to protect yourself and your sexual partners from hepatitis B is to make sure everyone is vaccinated against hepatitis B, and to practice safer sex*

Barriers, such as latex dental dams, can be used for oral sex to reduce the risk of HBV transmission. Dental dams can be found in medical supply stores. You can make a homemade dental dam by cutting a rolled condom in the center and opening it up. Plastic wrap is not an effective substitute.

## Remember.....

- The best way to protect yourself from HBV is to be vaccinated against HBV. The vaccine consists of 3 shots within 6 months. The vaccine is safe and effective.
- Always practice safer sex – HBV can be transmitted during anal, oral or vaginal sex or when infected fluids enter the mouth, nose or eyes. Practicing safer sex will protect you from HBV, HIV and other sexually transmitted diseases.



**HBV ADVOCATE**  
[www.hbvadvocate.org](http://www.hbvadvocate.org)

**Hepatitis C  
Support Project**

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