

Easy B Facts

Whom Should I Tell?

Telling people that you have hepatitis B (HBV for short) is not easy! What makes it even harder is that many people have never heard of HBV or they have heard things about HBV that are not true. Some people might even treat you in a different way when they find out you have HBV.

Others may be afraid that they will catch HBV from you. HBV is spread by blood-to-blood contact, having sex with someone who is infected with HBV, or when an infant is born to a mother who has HBV.

Children may also spread it if they have HBV and bite or scratch others.

Remember . . .

- Telling people who you live with, are close to you or people who provide your health care is difficult, but important.
- People may have a lot of questions since they do not understand HBV, so it is very important that you know as much as possible about HBV when you tell others.
- You may even want to give them some material on HBV to help answer some of the questions that they may ask you.
- Be careful whom you tell about your HBV. Tell medical providers, people you live with or people who you are having sex with. Get advice from loved ones before telling others who are not at immediate risk for getting HBV.



HBV ADVOCATE
www.hbvadvocate.org

**Hepatitis C
Support Project**

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