

# 乙肝

## 您有感染的风险吗？

### 什么是乙肝？

乙肝是一种由乙肝病毒所引起的肝病。某些人在染患乙肝后，乙肝病毒会停留在体内，导致终生染病。传染上乙肝后过了一段时间，病人可能发生严重的健康问题。这些健康问题可能包括肝衰竭和肝癌。

### 乙肝如何传播？

乙肝是因为接触到乙肝患者的血液而传播。大多数在中国和其他亚洲国家出生并且患有乙肝的人都是在婴幼儿时期被感染。患有乙肝的孕妇可以在生产时将乙肝传染给她的婴儿，患有乙肝的家人也可以传染给家中幼儿。

乙肝不是一种先天性疾病，也不会因为与乙肝患者一起吃饭、共用碗盘或餐具而感染。乙肝也不会通过哺乳、拥抱、亲吻、牵手、咳嗽或打喷嚏而传染。

### 乙肝普遍吗？

乙肝在中国和其他亚洲国家非常普遍。居住在美国的亚裔民众中大约每12人中就有1人患有乙肝，但是大多数人自己并不知道。

### 乙肝有哪些症状？

大多数患有乙肝的人不知道自己受感染，因为感染乙肝不一定要有症状。乙肝可以隐藏在体内。很多人染患乙肝长达20年而一点也不觉得不舒服，但是肝脏仍然可能在这段时间里受到损害。

### 乙肝有多严重？

乙肝可能导致非常严重的后果。某些人的肝脏会因为这种病而受损，导致肝衰竭或肝癌。

### 民众如何知道自己是否患有乙肝？

接受乙肝检查就可以知道自己是否患有乙肝。这是一种很简单的血液检查，只需从手臂抽取一点点血液。医生未必主动进行这种检查，所以自己要求进行检查是很要紧的。



### 谁应该接受乙肝检查？

以下人士应该接受乙肝检查：

- 在中国和其他亚洲国家出生的人
- 父母来自中国和其他亚洲国家
- 和患有乙肝者同住的人

### 民众为什么应该接受乙肝检查？

接受检查后民众就可以知道自己是否患有乙肝。乙肝患者如果接受治疗，可帮助避免造成肝脏受损的严重后果。发现自己患有乙肝也可帮助保持家人健康。这就是孕妇都会接受乙肝检查的原因。从未染患乙肝的家人可以接受乙肝疫苗注射来保护他们不受乙肝伤害。

乙肝的检查结果会保密。患有乙肝不能被用来作为强迫任何人离开美国的理由，也不能用来强迫任何人下岗或退学。

### 乙肝如何治疗？

乙肝患者应该去看对治疗乙肝非常熟悉的医生。医生可以开药减缓肝脏受损的速度。在服用任何肝脏的中草药之前，一定要先问过医生，因为中草药可能伤害肝脏，或是和医生开的处方中某些治疗乙肝药物发生冲突，造成其他问题。



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



爱家人从关爱自己开始

June 2013

Simplified Chinese Publication No. 220380

# HEPATITIS B

KNOW

HEPATITIS B™

## Are You At Risk?

### What is Hepatitis B?

Hepatitis B is a liver disease. It is caused by the Hepatitis B virus. For some people who get Hepatitis B, the virus stays in the body, causing a lifelong illness. Hepatitis B can cause serious health problems over time. These problems can include liver cancer and liver failure.

### How is Hepatitis B spread?

Hepatitis B is spread when someone comes in contact with blood from a person who has the disease. Most people born in China and other Asian countries who have Hepatitis B were infected as infants or young children. Hepatitis B can be passed from an infected mother to her baby at birth or from a family member to young children.

Hepatitis B is not a genetic disease. People also do not get Hepatitis B from sharing meals, bowls or utensils with someone who has the disease. Hepatitis B is not spread through breastfeeding, hugging, kissing, holding hands, coughing, or sneezing.

### How common is Hepatitis B?

Hepatitis B is very common in China and other Asian countries. Approximately 1 in 12 Asians are living with Hepatitis B, but most people do not know it.

### What are the symptoms of Hepatitis B?

Most people who have Hepatitis B do not know they have it. The disease does not always cause symptoms. Hepatitis B can stay hidden in the body. Many people can live with Hepatitis B for 20 years without feeling sick. Still, liver damage from the disease can take place during this time.

### How serious is Hepatitis B?

Hepatitis B can become very serious. For some people, this disease leads to liver damage, like liver failure or cancer.

### How do people know if they have Hepatitis B?

A Hepatitis B test lets people know if they have it. This is a simple blood test that takes only a little bit of blood from a person's arm. Doctors do not always do this test, so it is important to ask to be tested.



### Who should be tested for Hepatitis B?

Hepatitis B testing is recommended for:

- People born in China and other Asian countries
- People whose parents were born in China and other Asian countries
- People who live with someone who has Hepatitis B

### Why should people be tested for Hepatitis B?

Getting tested lets a person know if he or she has Hepatitis B. There are treatments available for Hepatitis B that can help prevent serious liver damage. People who find out they have Hepatitis B can also keep other family members healthy. This is why women are always tested for Hepatitis B when they are pregnant. Family members who have never had Hepatitis B can get a vaccine to protect them from getting it.

Hepatitis B test results will be kept confidential. People with Hepatitis B cannot be forced to leave the United States. They also cannot be fired from a job, or forced to leave school.

### How is Hepatitis B treated?

People who have hepatitis B should see a doctor who is very knowledgeable about the disease. The doctor can give medicines that will slow down liver damage. It is important to ask the doctor before taking any Eastern liver medicines because they might hurt the liver or cause problems with some of the medicines prescribed by the doctor.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



hepbunited.org

[cdc.gov/knowhepatitisB](http://cdc.gov/knowhepatitisB)

June 2013

Publication No. 220380