

# 乙肝

## 如果家人得了乙肝

### 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会有症状。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病毒感染。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。和乙肝患者一同居住的人极有可能被传染。

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、共用碗盘或餐具而被感染。乙肝也不会通过哺乳、拥抱、亲吻、牵手、咳嗽或打喷嚏而传染。

### 如果家人得了乙肝，应该怎么办？

医生会要求乙肝患者所有的家人都接受乙肝检查，包括同住的所有大人和小孩。这是一种很简单的血液检查，只需从手臂抽取一点点血液。

让家人接受检查是很要紧的。家人如果得了乙肝，就应该接受医疗。其他没有被感染的家人应该接受乙肝疫苗注射。这样可以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。

### 乙肝疫苗注射为什么重要？

疫苗可以保护从来没有得过乙肝的人不受乙肝伤害。所有在美国和很多其他国家出生的婴儿都要接受乙肝疫苗注射。乙肝患者的任何其他家人也应该接受乙肝疫苗注射。这种疫苗很安全，而且可以保护民众不受乙肝伤害，包括染患乙肝可能造成的肝病和肝癌。

### 什么是乙肝疫苗系列？

成年人应在6个月期间接受3剂疫苗注射。民众应该接受完整的3剂注射以确保不受乙肝伤害。



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爱家人从关爱自己开始

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# HEPATITIS B

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HEPATITIS B™

## When Someone in the Family has Hepatitis B

### 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 failure and liver cancer.



### 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 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 with the virus 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. People living with someone who has Hepatitis B are more likely to get the disease.

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.

### What should be done when a family member has Hepatitis B?

Doctors will want to test all family members of people with Hepatitis B. This includes adults and children living in the same house. The test involves a simple blood test that takes only a small amount of blood from a person's arm.

Testing family members is important. Family members who have Hepatitis B should get medical treatment. Other family members who do not have the disease should get the Hepatitis B vaccine. This protects them from getting the disease.

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.

### Why is the Hepatitis B vaccine important?

The vaccine protects people who have never had Hepatitis B from getting it. All babies born in the United States and many other countries get the vaccine as infants. Any other family members of people with Hepatitis B should also get the vaccine. The vaccine is safe. It also prevents people from getting Hepatitis B. This helps prevent liver disease and liver cancer that comes from getting Hepatitis B.

### What is the Hepatitis B vaccine series?

For adults, the vaccine is three shots given over six months. People should get all three shots to keep them from getting Hepatitis B.



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