

**Get your vaccinations
free of charge from the
Community Health Service
(GGD)!**

Vaccination is a safe way of protecting yourself. You can get vaccinated free of charge. Once you have had a series of three vaccinations, you are protected against hepatitis B - probably for life. The three vaccinations are given in months 0, 1 and 6. **For example:** you have your first jab in January, the second in February and the final jab in June. Vaccination is free of charge at the GGD. You do not have to have all three jabs at the same clinic. You can visit a GGD in another town for your second and/or third jabs which are also free of charge.

Vaccination during pregnancy or while breastfeeding is safe; there are no known adverse effects.

Treatment

If you test positive for hepatitis B, you will always be referred to a specialist or further testing and treatment if necessary.

There is no treatment for acute hepatitis B. The treatment consists of rest, a special diet and following your doctor's advice.

Chronic hepatitis B is treated with medication that reduces the symptoms. The treatment consists of a combination of injections and tablets.

Key facts

- **Vaccination gives lifelong protection from hepatitis B.**
- **You can get vaccinated against hepatitis B anonymously.**
- **The three vaccinations are free of charge.**
- **The vaccine does not damage your health.**
- **The vaccine does not normally have side effects.**
- **Once vaccinated, you can be sure that you will not infect others.**

Do you have any questions?

Check the website:
www.itsmyliver.nl

Or call:
Aids STI Helpline: 0900 - 204 2040
(10 cents a minute)
Monday till Wednesday: 09.30 am till 3.30pm
Thursday and Friday 1.30 till 3.30pm

Or Chat:
Aids STI Helpline Chatservice
<https://soaids.sittool.net/chat>
Monday to Thursday from 3:30 pm to 5:30 pm

Hello-darling!



Hepatitis B
All you need to know (GB)

As a sex worker, you need to be aware of the various risks you face and how to protect yourself against infections such as hepatitis B. Hepatitis B is a sexually transmitted infection (STI).

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What is Hepatitis B?

Hepatitis B is an infection of the liver, caused by the hepatitis B virus. In the Netherlands, the virus is mainly transmitted through sexual contact.

Sometimes a person will experience virtually no symptoms but in the long term the virus can lead to permanent liver damage. Hepatitis B is highly contagious.

Transfer is via:

| | |
|--|-----------|
| Anal sex. | HIGH RISK |
| Vaginal sex. | HIGH RISK |
| Fellatio/cunnilingus with blood/sperm in mouth. | HIGH RISK |
| Fellatio/cunnilingus without blood/sperm in mouth. | LOW RISK |
| Shared use of sex toys, dildos, vibrators, French kissing if there is blood in the saliva. | LOW RISK |

How can you become infected?

Blood

All bodily fluids, such as saliva (which contains blood) can be contagious. A small quantity of blood entering an open wound can be enough to trigger the infection. The virus cannot pass through skin, but it can pass through mucus (vagina, anus, urethra, mouth).

Sexual contact

Sperm, pre-ejaculatory fluids and vaginal fluids can be infectious.

Symptoms

Hepatitis B infection can trigger various symptoms:

- Itching
- Joint pain
- Fever
- Tiredness
- Nausea
- Vomiting
- Malaise
- Listlessness
- Stomach-ache
- Poor appetite

You can also develop jaundice, which involves a yellowing of the whites of your eyes, and sometimes your skin. Stools are pale (putty coloured) and urine is very dark (the colour of strong tea). These are the symptoms of an infected liver and can last for several weeks or months. Once the symptoms have disappeared, tiredness can sometimes continue for months.

How can you prevent it?

Safe sex reduces the risk of becoming infected with the hepatitis B virus.

- Use a condom for vaginal or/and anal sex.
- Use a condom for oral sex.

Drug use

Use clean syringes, needles and equipment, not used by others.

Other advice:

Do not share toothbrushes and/or razors.