

# Easy B Facts

## Hygiene Items and HBV

Hepatitis B (HBV for short) is spread by direct blood-to-blood contact, from a mother who is infected with HBV to her baby, and from having sex with someone who is infected with HBV.

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*Things like razors, toothbrushes, nail clippers and other personal hygiene items can spread HBV.*

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Many people are very worried about getting or giving HBV to others that they live with. In order to protect the people you live with or have sex with, they should be tested for HBV and, if not protected, should be vaccinated. Things like razors, toothbrushes, nail clippers and other personal hygiene items can spread HBV so it is important to make sure that no one uses your hygiene items.

### **Keep It Safe**

- It is important to make sure that others in the house are tested for HBV and vaccinated if appropriate.
- Cover all toothbrushes, razor blades, nail clippers or any item that might have blood on it – even if you can't see any. HBV can live outside the body for at least 7 days.
- Keep all personal hygiene items away from other people's hygiene items.

### **It Is Important to Remember**

- HBV is not spread by casual contact such as hugging, sharing eating utensils, food or water.
- If you have chronic HBV make sure that you are monitored regularly by your doctor.



**HBV ADVOCATE**

[www.hbvadvocate.org](http://www.hbvadvocate.org)

**Hepatitis C  
Support Project**