

Easy B Facts

Needle Exchange

Hepatitis B (HBV for short) is a virus that lives in blood. If you share any needles or works (cookers, cottons, ties, water, etc.), you should be tested and if you do not have HBV – get vaccinated.

People who work at needle exchanges are there to help you stay healthy by giving you equipment and information about how to inject safely.

The other main ways you can get HBV is when a baby is born to a mother with HBV, or if someone has sex with someone who is infected with HBV. Children can also pass it through biting and scratching someone else. If you have HBV it is important to make sure that your blood does not come into contact with anyone else's blood, practice safer sex (condoms), get vaccinated if needed and use only new works.

It Is Important to Remember

- Only use new works (needles, cookers, cottons, ties, and even water) when possible. Also wash your hands to help reduce the risk of getting HBV, hepatitis C, HIV and other diseases.
- Visit a needle exchange site in your area to get help with ways to keep you safe. People who work at needle exchanges are there to help you stay healthy by giving you equipment and information about how to inject safely.
- If you do not have a needle exchange site in your area talk with others about how to stay healthy by using bleach to clean your works and other steps to prevent the transmission of HBV and other diseases.
- If you have not been previously infected with HBV, get the HBV vaccine.



HBV ADVOCATE

www.hbvadvocate.org

**Hepatitis C
Support Project**