

# 乙肝

## 您有感染的風險嗎？

### 什麼是乙肝？

乙肝是一種由乙肝病毒所引起的肝病。某些人在染患乙肝後，乙肝病毒會停留在體內，導致終生染病。傳染上乙肝後過了一段時間，病人可能發生嚴重的健康問題。這些健康問題可能包括肝衰竭和肝癌。

### 乙肝如何傳播？

乙肝是因為接觸到乙肝患者的血液而傳播。大多數在中國和其他亞洲國家出生並且患有乙肝的人都是在嬰幼兒時期被感染。患有乙肝的孕婦可以在生產時將乙肝傳染給她的嬰兒，患有乙肝的家人也可以傳染給家中幼兒。

乙肝不是一種先天性疾病，也不會因為與乙肝患者一起吃飯、共用碗盤或餐具而感染。乙肝也不會通過哺乳、擁抱、親吻、牽手、咳嗽或打噴嚏而傳染。

### 乙肝普遍嗎？

乙肝在中國和其他亞洲國家非常普遍。居住在美國的亞裔民衆中大約每12人中就有1人患有乙肝，但是大多數人自己並不知道。

### 乙肝有哪些症狀？

大多數患有乙肝的人不知道自己受感染，因為感染乙肝不一定會有症狀。乙肝可以隱藏在體內。很多人染患乙肝長達20年而一點也不覺得不舒服，但是肝臟仍然可能在這段時間裡受到損害。

### 乙肝有多嚴重？

乙肝可能導致非常嚴重的後果。某些人的肝臟會因為這種病而受損，導致肝衰竭或肝癌。

### 民衆如何知道自己是否患有乙肝？

接受乙肝檢查就可以知道自己是否患有乙肝。這是一種很簡單的血液檢查，只需從手臂抽取一點點血液。醫生未必主動進行這種檢查，所以自己要求進行檢查是很要緊的。



### 誰應該接受乙肝檢查？

以下人士應該接受乙肝檢查：

- 在中國和其他亞洲國家出生的人
- 父母親來自中國和其他亞洲國家
- 和患有乙肝者同住的人

### 民衆為什麼應該接受乙肝檢查？

接受檢查後民衆就可以知道自己是否患有乙肝。乙肝患者如果接受治療，可幫助避免造成肝臟受損的嚴重後果。發現自己患有乙肝也可幫助保持家人健康。這就是孕婦後會接受乙肝檢查的原因。從未染患乙肝的家人可以接受乙肝疫苗注射來保護他們不受乙肝傷害。

乙肝的檢查結果會保密。患有乙肝不能被用來作為強迫任何人離開美國的理由，也不能用來強迫任何人離職或退學。

### 乙肝如何治療？

乙肝患者應該去看對治療乙肝非常熟悉的醫生。醫生可以開藥減緩肝臟受損的速度。在服用任何肝臟的中草藥之前，一定要先問過醫生，因為中草藥可能傷害肝臟，或是和醫生開的處方中某些治療乙肝藥物發生衝突，造成其他問題。



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# HEPATITIS B

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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.



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