



## Prevention

- immunization
- good hygiene practices
- Avoid sharing personal items
- Avoid unprotected sex
- Avoid unclean food and water

## Self-care management

- Quit alcohol
- Hydrate
- Watch your weight
- Eating a healthy diet

# Hepatitis

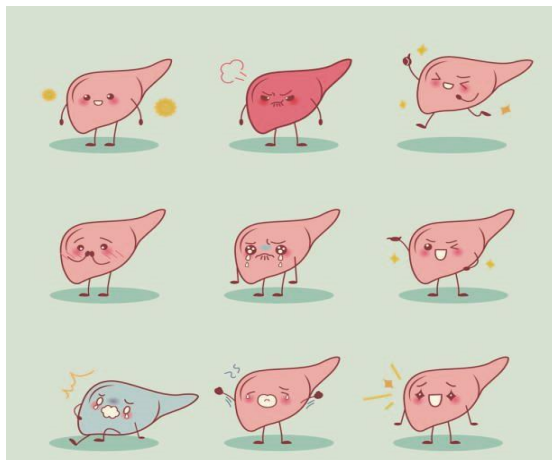
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# Definition

Hepatitis is a viral infection that causes inflammation of the liver. The condition can be self-limiting or can progress to cirrhosis or liver



# Types of hepatitis

## 1. hepatitis A

transmitted by consuming food or water contaminated by feces from a person infected with hepatitis A.

## 2. hepatitis B

transmitted through contact with infectious body fluids, such as blood, vaginal secretions, or semen.

## 3. hepatitis C

transmitted through direct contact with infected body fluids, typically through injection drug use and sexual contact

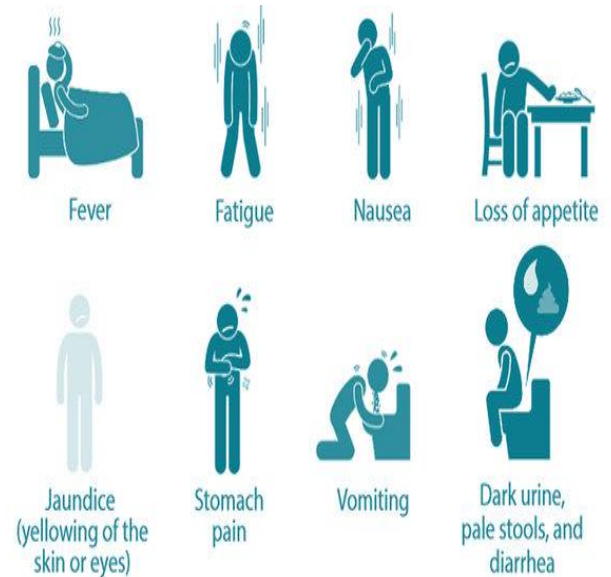
## 4. hepatitis D

HDV is contracted through direct contact with infected blood.

## 5. hepatitis E

HDV is contracted through direct contact with infected blood.

# Sign and symptoms



# Treatment

- Interferon
- Nucleoside /nucleotide analogues

