

A People-Centered Approach to Prevention of Transmission of Viral Hepatitis

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DESCRIPTION

A hepatitis C survivor presents a people centered list of tips to prevent transmission of viral hepatitis. The list may be reprinted and distributed through community events, patient advocacy groups and clinics.

PUBLIC HEALTH IMPACT

According to the Global Health Sector Strategy on Viral Hepatitis 2016-2021, a comprehensive public health approach is critical if hepatitis elimination is to be achieved.

WHY IS THIS INNOVATIVE?

Although individual lists of ways of preventing transmission exists for hepatitis A, B or C, this list combines proven strategies for a comprehensive approach for all types. It is consumer friendly and empowers people to take steps to protect themselves and their families.

Prevent HAV, HEV

Ingest only hygienic food and water

Wash hands frequently and thoroughly

Avoid personal contact with infected people

Prevent HBV, HCV, HDV

Injection Safety: new needle & syringe for each patient, reuse prevention devices for healthcare workers

Safe sex

No sharing of drug paraphernalia or personal items

Hygienic tattoos and piercings

Vaccinate for Prevention

HAV, HBV, HDV: Vaccinate newborns. Those who are pregnant, HIV+, diabetic, have kidney, liver or heart disease or are immunocompromised may need an extra dose. Healthcare workers, recreational drug users, frequent travelers, residents of countries with high incidence & inmates may need booster of HBV vaccine.

CONCLUSIONS

People must be empowered with knowledge of how to prevent transmission of viral hepatitis in themselves and their families.



REFERENCES

cdc.gov/hepatitis
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CONFLICTS OF INTEREST

There are no conflicts of interest