

# The ABC's of hepatitis



## Hepatitis A

## Hepatitis B

## Hepatitis C

### General

All types of hepatitis damage liver cells and can cause the liver to become swollen and tender. They are all diagnosed through a blood test.

### How spread

Oral contact with feces containing the virus, typically through food or water when a person infected with the disease contaminates water or food during preparation.

Through blood or body fluids, but not by kissing. Hepatitis B can live for a week or longer, even if dried.

Through blood to blood contact.

### Incubation period

About 30 days, but this can vary from 2 to 7 weeks

60 to 90 days

2 weeks to 6 months

### Duration of disease

2 months or less

Acute:  
4 to 8 weeks

Acute:  
less than 6 months

Chronic:  
6 months or more

Chronic:  
can last for years before being detected.

### Symptoms

fatigue, fever, muscle ache, joint pain, headache, pain on the right side of the abdomen (near the liver), nausea, vomiting, loss of appetite, skin rash, diarrhea, constipation, itchy skin, and jaundice. Chronic hepatitis B and C often do not have any symptoms.

### Treatment

People with hepatitis are advised to slow down to reduce fatigue, eat healthy foods, drink plenty of fluids, and avoid alcohol and drugs. People with chronic hepatitis B or C may receive ongoing medical monitoring and treatment, which may include medication to reduce the likelihood of liver damage.

### Vaccine

Yes

Yes

No

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417 Skyline Boulevard

218.879.1271

www.raiterclinic.com