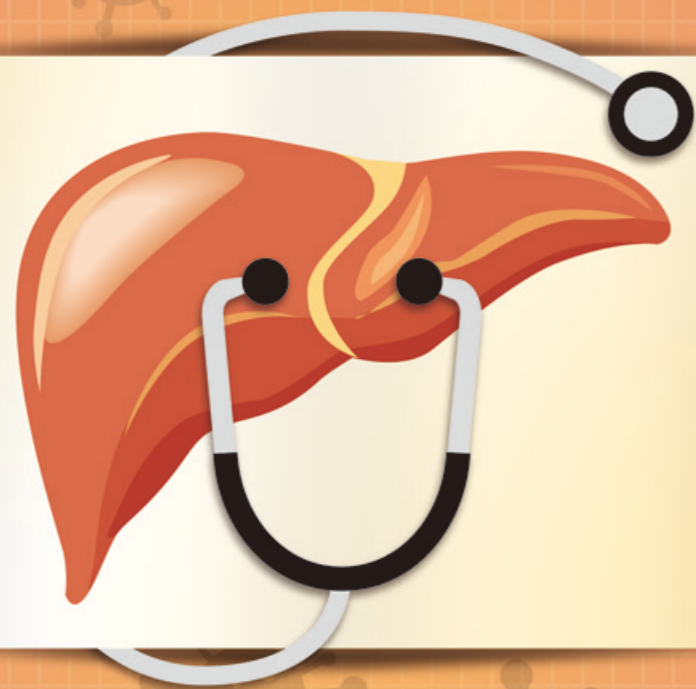


慢性乙型肝炎 Chronic Hepatitis B



甚麼是乙型肝炎？

乙型肝炎是由乙型肝炎病毒所引致的感染，主要損害肝臟，可造成急性或慢性疾病。大部分人在急性感染期沒有任何症狀，但也有些人會出現症狀，包括：

- 輕微發燒
- 極度疲勞
- 噁心、嘔吐和腹痛
- 皮膚和眼睛發黃（黃疸）
- 茶色小便

急性乙型肝炎症狀通常持續數週之後會消退，極少數會造成急性肝功能衰竭，甚至死亡。

乙型肝炎是怎樣傳播的？

乙型肝炎是透過接觸感染者的**血液**或**體液**傳播。

乙型肝炎的傳播途徑包括：

1. 母嬰傳播

由感染乙型肝炎的母親傳染給嬰兒，此類感染發展為慢性乙型肝炎感染的情況很常見。



2. 水平傳播

- 不安全的性行為，例如：與受感染的性伴侶在沒有安全套的保護下進行性行為 -
- 共用針筒針咀或其他注射用具 -
- 透過損傷皮膚，眼睛或口部的黏膜接觸感染者的血液或體液



甚麼是「慢性乙型肝炎」？

- 慢性乙型肝炎感染多半沒有病徵
- 血液測試檢驗中乙型肝炎表面抗原 (HBsAg) 呈陽性反應並持續六個月者，便確認為慢性乙型肝炎感染 -
- **慢性乙型肝炎感染是終身感染，約20%至30%感染者會演變為肝硬化或肝癌**



乙型肝炎感染有多常見？

據估計，全球有2.57億人感染乙型肝炎病毒。在2015年，有88.7萬人死於乙型肝炎，大多死於併發症包括肝硬化和肝癌。然而，**乙型肝炎感染可透過接種疫苗預防。**

在東亞地區，包括香港，慢性乙型肝炎感染率處於中等水平。全港新生嬰兒的普及乙型肝炎免疫接種計劃始於1988年，此後出生人士的慢性乙型肝炎感染率已大大減少。

慢性乙型肝炎感染者應注意甚麼？

1. 醫學評估

醫生會根據感染者的情況作詳細評估，決定檢查及治療的方案： -

- 慢性乙型肝炎治療的主要目標是抑制病毒複製，從而減輕對肝臟的破壞，減低肝硬化及肝癌的機會 -
- 定期檢查如抽血檢驗：肝功能、甲胎蛋白和病毒數量；肝臟超音波檢查等，以及早發覺肝臟的變化，作出診斷和治療



2. 個人健康

- 戒酒及不要自行服用成藥，以低肝臟的負擔
- 注意均衡飲食、充足睡眠、做適量運動，以增強身體抵抗力



慢性乙型肝炎感染者如何避免將病毒傳染他人？

- 妥善包紮任何皮膚損傷
- 切勿與別人共用容易令皮膚受傷的物品，如：牙刷、鬚刨、指甲鉗等
- 切勿與他人共用針筒針咀或其他注射用具
- 妥善處理受感染者血液或體液污染的物品：戴上手套，及使用家用漂白水消毒 -
- 不要捐血、捐精或捐贈器官。如有意在死後捐贈器官，應該在捐贈帖上註明是慢性乙型肝炎感染者
- **採取安全性行為**和正確使用安全套
- 如家庭成員和性伴侶**沒有乙型肝炎免疫力及未受感染**，便應**接受乙型肝炎疫苗注射**
- **乙型肝炎感染者所生的嬰兒**，須於出生後24小時內接受**乙型肝炎免疫球蛋白（HBIG）注射**，以減低母嬰傳播的風險；此外，嬰兒亦須接種標準劑量乙型肝炎疫苗

乙型肝炎不會透過食物或水、共用餐具、共同進食、擁抱或母乳餵哺傳播。

慢性乙型肝炎感染者應諮詢醫生作跟進，減低嚴重併發症，包括肝硬化或肝癌的風險。

肝炎熱線：2112 9911
病毒性肝炎網址：www.hepatitis.gov.hk



控制病毒性肝炎辦公室
Viral Hepatitis Control Office



衛生防護中心
Centre for Health Protection



衛生署
Department of Health

What is Hepatitis B infection?

Hepatitis B infection is caused by the Hepatitis B virus (HBV) that attacks the liver. It can cause both acute and chronic disease. While most people do not experience any symptoms during the acute infection phase, some might have symptoms including:

- Mild fever
- Tiredness
- Nausea, vomiting and abdominal pain
- Yellowing of the skin and eyes (jaundice)
- Tea-colored urine

The symptoms of HBV infection can persist for several weeks. A small number of people with acute infection may develop acute liver failure, which can lead to death.

How is Hepatitis B transmitted?

Hepatitis B is transmitted through contact with **BLOOD** and other **BODY FLUIDS** of an infected person.

HBV is transmitted by:

1. Mother-to-child transmission

From the infected mother to her baby. The development of chronic hepatitis B (CHB) infection is common in infants infected from their mothers



2. Horizontal transmission

- Through unsafe sex, such as having sex with an infected partner without using a condom



- By sharing or reuse of needles or other injecting equipment
- Contact with infected blood or body fluids through broken skin, eyes or mucous membrane of the mouth



Hepatitis B is not transmitted through food or water, sharing eating utensils, dining together, hugging or breastfeeding.

What is 'Chronic Hepatitis B' ?

- Most people with CHB show no symptom
- 'Chronic Hepatitis B' is defined as persistence of Hepatitis B surface antigen (HBsAg) in the blood for more than 6 months
- **CHB is a lifelong infection and about 20% to 30% of them could develop cirrhosis and liver cancer**



How common is Hepatitis B infection?

Globally it is estimated that 257 million people have CHB infection. In 2015, 887,000 people died due to Hepatitis B infection, mainly due to complications of Hepatitis B, including cirrhosis and liver cancer. However, **HBV infection can be prevented by vaccination.**

In certain parts of East Asia including Hong Kong, the overall prevalence of CHB infection is moderate. In Hong Kong, the universal Hepatitis B immunisation programme for newborns started in 1988. The rate of CHB infection in people born thereafter decreases significantly.

How should people with Chronic Hepatitis B look after themselves?

1. Medical advice

Doctor will assess the condition of the infected person and determine the plan for investigation and treatment:

- Antiviral drug is able to suppress HBV replication and thereby reduce virus-induced liver damage and thus the risk of cirrhosis and liver cancer
- Investigation may include regular blood test for liver function, alpha-fetoprotein, viral level in blood, ultrasonographic liver examination, etc. which can detect changes in the liver in order to guide clinical management



If you have chronic hepatitis B infection, you should consult doctor for management to reduce the risk of serious complications, like cirrhosis and liver cancer.

2. Personal health

- Quit alcohol and avoid over-the-counter medications that might cause damage to the liver
- Maintain a healthy lifestyle with balanced diet, adequate sleep and regular exercises. These help increase the body's resistance against diseases



How should people with Chronic Hepatitis B avoid transmitting the virus to others?

- Handle open wounds with care and make sure they are properly bandaged
- Do not share personal care items, such as toothbrush, razor and nail scissors
- Do not share needles or any other injecting equipment
- Disinfect items contaminated by blood or body fluids of infected persons: wear gloves and disinfect with household bleach
- Do not donate blood, sperm or other body organs. If you want to donate your organs after your death, you should write down on your organ donation card that you have CHB infection
- Practice '**Safer Sex**', i.e. proper use of latex condom in sexual intercourse
- Make sure **non-immune** household members and sexual partners are **vaccinated** against Hepatitis B
- **Babies born to mothers with CHB** should receive **Hepatitis B Immunoglobulin (HBIG)** within 24 hours after birth to reduce the risk of mother-to-child transmission. Besides, babies should also receive a complete course of Hepatitis B vaccine

Hepatitis Hotline: 2112 9911
Viral Hepatitis Website:
www.hepatitis.gov.hk