

## Staying Healthy

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### For yourself

- ◇ If you are pregnant, get tested for hep B.
- ◇ If your hep B test is **positive**, ask your doctor if you need treatment.
- ◇ If your hep B test is **negative**, get the hep B shots.

### For your baby

- ◇ Make sure your baby gets all the hep B shots and tests they need on time.
- ◇ It is safe to breastfeed your baby if you have hep B.

### For your family

- ◇ The best way to prevent hep B is by getting the hep B shots.
- ◇ Ask your doctor if your friends and family should be tested or need to get the hep B shots.

## For More Information

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Los Angeles County

Perinatal Hepatitis B Unit

- ◆ [publichealth.lacounty.gov/ip/perinatalhepb\\_home.htm](http://publichealth.lacounty.gov/ip/perinatalhepb_home.htm)

Low Cost or No Cost Vaccine Clinics

- ◆ Call 2-1-1 for a list of clinics

Hepatitis B Moms

- ◆ [www.hepbmoms.org](http://www.hepbmoms.org)

Asian Pacific Liver Center

- ◆ <https://aplcv.verity.org>

Los Angeles County  
Department of Public Health

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Vaccine Preventable Disease Control Program  
Perinatal Hepatitis B Prevention Unit  
3530 Wilshire Blvd., Suite 700  
Los Angeles, California 90010

Phone: 213-351-7400

Website: [publichealth.lacounty.gov/ip](http://publichealth.lacounty.gov/ip)

# How to Protect Your Baby From Hepatitis B

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Los Angeles County  
Department of Public Health

# What is Hepatitis B?

- ◇ Hepatitis B (hep B) is a liver disease caused by the hep B virus.
- ◇ Hep B is the most common cause of liver cancer in the world.
- ◇ You can prevent hep B by getting shots.
- ◇ You can get hep B through contact with an infected person's blood or body fluids.

## Pregnant women and babies

- ◇ If a pregnant woman has hep B, the baby can get hep B during birth.
- ◇ Babies who get hep B can get serious liver disease or liver cancer.
- ◇ All babies must get hep B shots to prevent hep B.




Hep B is very common in Asia. If you or your parents were born in Asia you should get tested for hep B.

# How Do I Know if I Have Hepatitis B?

You will get tested for hep B as part of your prenatal care.

If your test is **positive**: 

- ◇ You have the hep B virus.
- ◇ Ask doctor if you need more tests or need to see a doctor who treats hep B.
- ◇ Treatment for hep B can lower the chance your baby will get hep B during birth.
- ◇ Ask your doctor if your friends or family should get hep B shots or tests.

If your test is **negative**: 

- ◇ You do not have hep B.
- ◇ Ask your doctor if you should get the hep B shots.
- ◇ Hep B shots are safe to get during pregnancy.

# How Do I Protect My Baby From Hepatitis B?

- ◇ If you **have hep B**, your baby will get two shots (HBIG and hep B) at birth.
- ◇ If you **don't have hep B**, your baby will get one shot (hep B) at birth.
- ◇ All babies need to get more hep B shots as they get older.
- ◇ If you have hep B, tell your baby's doctor.
- ◇ Make sure your baby gets their hep B shots and tests on time.

## Hepatitis B Vaccine Schedule\*

Dose	Age of Baby
1	Birth
HBIG	Birth
2	2 months
3	6 months
Test	9 to 12 months

The shots are **98% effective at preventing hepatitis B!**

\*This is a general schedule. The timing and number of shots may vary. Follow your doctor's orders.