

**HMONG WOMEN'S HERITAGE ASSOCIATION**



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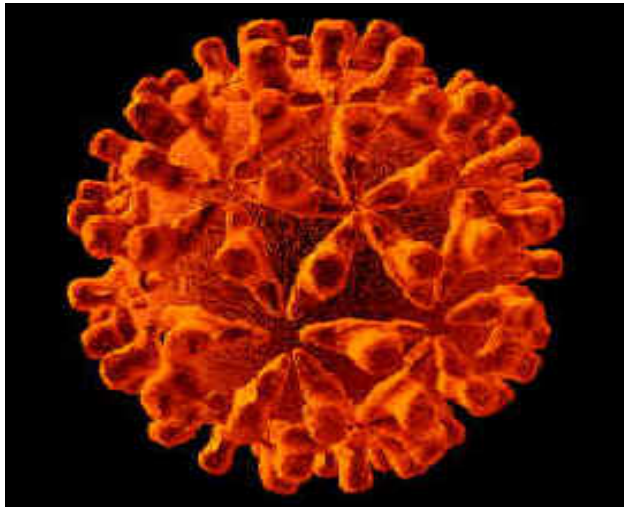
**Tej Yam Kuv Yuav Tau Paub Txog  
Tus Kab Mob Siab Daj B**

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**What I Need to Know About  
Hepatitis B**



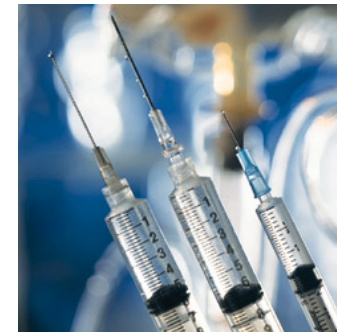
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## How can I protect myself?

You can get the hepatitis B vaccine.

A vaccine is a drug that you take when you are healthy that keeps you from getting sick. Vaccines teach your body to attack certain viruses, like the hepatitis B virus.

The hepatitis B vaccine is given through three shots. All babies should get the vaccine. Infants get the first shot within 12 hours after birth. They get the second shot at age 1 to 2 months and the third shot between ages 6 and 18 months.



Older children and adults can get the vaccine, too. They get three shots over 6 months. Children who have not had the vaccine should get it.

You can also protect yourself and others from hepatitis B if you:

- Use a condom when you have sex
- Don't share drug needles with anyone
- Wear gloves if you have to touch anyone's blood
- Don't use an infected person's toothbrush, razor, or anything else that could have blood on it
- Make sure any tattooing or body piercing is done with clean tools

## Kuv tiv thaiv tau kuv tus kheej li cas?

Ib qho vaccine yog ib yam tshuaj uas yus txhaj thaum yus noj qab nyob zoo uas thaiv yus kom yus txhob kis mob. Cov tshuaj vaccines qhia yus lub cev paub tawm tsam cov kab mob viruses twg, xws li tus Kab Mob Siab Daj B virus.

Qhov Kab Mob Siab Daj B vaccine raug txhaj peb koob tshuaj. Tsim nyog txhua tus me nyuam mos ab yuav tsum txhaj koob tshuaj vaccine no. Cov me nyuam yug tshiab tshiab txhaj koob tshuaj vaccine thib ib ua ntej kaum ob xuab moo tom qab lawv yug. Lawv txhaj koob tshuaj thib ob thaum lawv muaj hnuv nyoog ib hli mus rau ob hli thiab koob tshuaj thib peb thaum lawv muaj rau hli mus rau kaum yim hli.



Cov tub ntxhais hluas thiab cov poj niam thiab txiv neej kuj txhaj tau koob tshuaj no thiab. Lawv yuav tau txhaj peb koob tshuaj ua ntej thaum tas rau lub hli. Tsim nyog txhua tus me nyuam uas tsis tau txhaj koob tshuaj vaccine no lawv yuav tsum txhaj.

Yus kuj tiv thaiv tau yus tus kheej thiab luag tej kom txhob kis tus Kab Mob Siab Daj B yog yus:

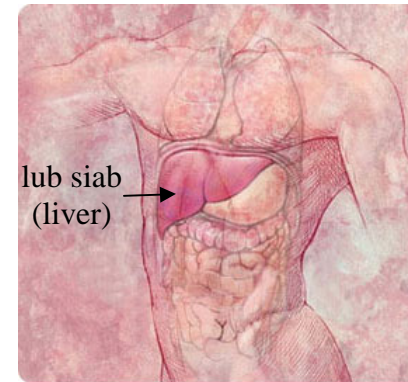
- Siv ib lub hnab yas rau txiv neej thaum yus pw nrog lwm tus
- Txhob sib koom siv cov koob txhaj tshuaj nrog lwm tus
- Looj hnab tes thaum koj yuav tsum kov lwm tus cov ntshav
- Txhob siv ib tug neeg mob rab txhuam hniav, rab chais hwj txwv, los sis lwm yam uas tej zaum los ntshav lawm
- Ua zoo saib kom thaum lwm tus teeb duab (tattoo) rau yus tawv nqaij los sis chob yus lub cev lawv siv tej twj tes huv huv xwb

## Tus Kab Mob Siab Daj B yog dab tsi?

Tus Kab Mob Siab Daj B yog ib tug kab mob ntawm lub siab.

Tus Kab Mob Siab Daj B ua rau yus lub siab o o thiab ua kom nws khiav tsis zoo.

Yus yuav tsum muaj ib lub siab uas ua hauj lwm zoo. Lub siab ua ntau yam tsav uas pab cawm yus txoj sia. Lub siab pab tawm tsam tej kab mob hauv yus lub cev thiab pab kom yus cov ntshav txhob los los. Nws rhuav tshem tej tshuaj thiab tej tshuaj muaj taug tawm hauv yus cov ntshav mus. Lub siab kuj tseg tau lub zog kom thaum twg koj toob kas koj thiaj muaj.



([jeffweinberg.wordpress.com](http://jeffweinberg.wordpress.com))

## What is hepatitis B?

Hepatitis B is a liver disease.

Hepatitis (*HEP-ah-TY-tis*) makes your liver swell and stops it from working right.

You need a healthy liver. The liver does many things to keep you alive. The liver fights infections and stops bleeding. It removes drugs and other poisons from your blood. The liver also stores energy for when you need it.

## Dab tsi ua rau yus mob tus Kab Mob Siab Daj B?

Ib tug virus yog yam uas ua rau yus mob tus Kab Mob Siab Daj B.

Ib tug virus yog ib tug kab mob me me uas ua rau yus tsis xis nyob. (Ib yam li qhov ua khaub thuas yog tim ib tug virus.) Ib tug tib neeg kis tau ib tug virus los ntawm lwm tus tib neeg. Tus virus uas ua rau yus mob tus Kab Mob Siab Daj B hu ua tus Kab Mob Siab Daj B virus.

## Yus hnov mob li cas thaum yus mob tus Kab Mob Siab Daj B?

Tus Kab Mob Siab Daj B ua rau yus mob ib yam li thaum yus ua khaub thuas.

Tej zaum yus:

- Nkees
- Xeev siab
- Ua npaws
- Tsis xav noj mov
- Mob plab
- Zawv plab



Tej tug kuj muaj:

- Zis daj daj
- Quav tsis tshua dub
- Qhov muag thiab tawv nqaij daj daj

Tej tug kuj tsis hnov mob qhov twg li. Yog koj hnov mob zoo li tau piav tag los lawm los sis koj xav tias tej zaum koj mob tus Kab Mob Siab Daj B lawm, cia li mus xyuas ib tug kws kho mob.

## What are the tests for hepatitis B?

To check for hepatitis B, the doctor will test your blood.

These tests show if you have hepatitis B and how serious it is.

The doctor may also do a liver biopsy.

A biopsy (BYE-op-see) is a simple test. The doctor removes a tiny piece of your liver through a needle. The doctor checks the piece of liver for signs of hepatitis B and liver damage.



## How is hepatitis B treated?

Treatment for hepatitis B may involve:

- A drug called interferon (in-ter-FEAR-on). It is given through shots. Most people are treated for 4 months.
- A drug called lamivudine (la-MIV-you-deen). You take it by mouth once a day. Treatment is usually for one year.
- A drug called adefovir dipivoxil (uh-DEH-foh-veer dih-pih-VOX-ill). You take it by mouth once a day. Treatment is usually for one year.
- Surgery. Over time, hepatitis B may cause your liver to stop working. If that happens, you will need a new liver. The surgery is called a liver transplant. It involves taking out the old, damaged liver and putting in a new, healthy one from a donor.

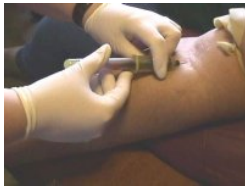
## Tej kev kuaj tus Kab Mob Siab Daj B yog dab tsi?

Yuav kom nws nrhiav tau seb yus puas mob tus Kab Mob Siab Daj B, ib tug kws kho mob yuav kuaj yus cov ntshav.

Tej kev kua no qhia seb yus puas mob tus Kab Mob Siab Daj B thiab yus mob npaum li cas.

Tej zaum tus kws kho mob kuj yuav ua ib qho “liver biopsy.”

Ib qho “liver biopsy” yog ib qho kev kuaj yooj yim heev. Tus kws kho mob tshem ib feem me me ntawm yus lub siab los ntawm ib rab koob. Tus kws kho mob kuaj cov nqaij lub siab no seb yus puas mob tus Kab Mob Siab Daj B thiab yus lub siab puas muaj kev tsis zoo lawm.



## Tus Kab Mob Siab Daj B raug muab kho kom zoo li cas?

Tus Kab Mob Siab Daj B raug muab kho kom zoo los ntawm:

- Ib hom tshuaj hu ua interferon. Nws raug muab tso los hauv yus lub cev los ntawm tej koob tshuaj. Tib neeg feem ntau raug muab kho li no rau plaub lub li.
- Ib hom tshuaj hu ua Lamivudine. Yus noj qhov tshuaj no ib hnuv ib zaug.
- Ib hom tshuaj hu ua adefovir dipivoxil. Yus noj qhov tshuaj no ib hli ib zaug. Feem ntau, txoj kev muab kho no ntev li ib xyoo.
- Kev phais siab. Yog tsis muab kho kom zoo, tej zaum tus Kab Mob Siab Daj B no yuav ua rau yus lub siab nres. Yog muaj li no lawm, koj yuav tau txais ib lub siab tshiab. Txoj kev phais siab no Mikas muab hu ua “liver transplant.”

## What causes hepatitis B?

Hepatitis B is caused by a virus.

A virus is a germ that causes sickness. (For example, the flu is caused by a virus.) People can pass viruses to each other. The virus that causes hepatitis B is called the hepatitis B virus.

## What are the symptoms?

Hepatitis B can make you feel like you have the flu. You might:

- Feel tired
- Feel sick to your stomach
- Have a fever
- Not want to eat
- Have stomach pain
- Have diarrhea



Some people have:

- Dark yellow urine
- Light-colored stools
- Yellowish eyes and skin

Some people don't have any symptoms. If you have symptoms or think you might have hepatitis B, go to a doctor.

## Kuv kis tau tus Kab Mob Siab Daj B li cas?

Koj kis tau tus Kab Mob Siab Daj B thaum koj:

- Pw nrog ib tug neeg uas muaj tus mob no lawm thiab tsis siv ib lub hhab yas rau txiv neej
- Qev cov koob txhaj tshuaj
- Raug teeb duab (tattoo) rau yus tawv nqaij los sis raug chob (piercing) rau yus lub cev los ntawm tej twj tes uas lwm tus twb siv lawm
- Raug chob los ntawm ib rab koob uas los los ntshav los ntawm ib tug neeg mob (Cov neeg ua hauj lwm pab neeg mob kis tau tus Kab Mob Siab Daj B raws li txoj kev no)
- Nrog ib tug neeg uas mob Kab Siab Daj B nyob ua ke
- Qev ib rab txhuam hniav los sis ib rab chais hwj txwv los ntawm ib tug neeg uas muaj tus mob no lawm
- Mus xyuas tej teb chaws uas cov laj mej pej xeeb muaj tus mob no coob heev
- Ib tug poj niam muab tau tus Kab Mob Siab Daj B rau nws tus me nyuam mos ab thaum nws yug nws tus me nyuam los sis los ntawm nws cov kua mis



Koj kis *tsis tau* tus Kab Mob Siab Daj B txawm yog koj:

- Tuav tes nrog ib tug neeg uas muaj tus mob no lawm
- Puag ib tug neeg uas muaj tus mob no lawm
- Zaum ze ib tug neeg uas muaj tus mob no lawm

## How could I get hepatitis B?

Hepatitis B spreads by contact with an infected person's blood, semen, or other body fluid.

You could get hepatitis B by:

- Having sex with an infected person without using a condom
- Sharing drug needles
- Having a tattoo or body piercing done with dirty tools that were used on someone else
- Getting pricked with a needle that has infected blood on it (health care workers can get hepatitis B this way)
- Living with someone who has hepatitis B
- Sharing a toothbrush or razor with an infected person
- Traveling to countries where hepatitis B is common
- An infected woman can give hepatitis B to her baby at birth or through her breast milk



You can *not* get hepatitis B by:

- Shaking hands with an infected person
- Hugging an infected person
- Sitting next to an infected person