

COMPARING HEPATITIS A, B, C AND HIV

| | HEPATITIS A (HAV, hep A) | HEPATITIS B (HBV, hep B) | HEPATITIS C (HCV, hep C) | HIV (Human Immunodeficiency Virus) |
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| What is it | <ul style="list-style-type: none"> A virus that causes inflammation or scarring of the liver Gastro-like illness | <ul style="list-style-type: none"> A virus that causes inflammation or scarring of the liver Can lead to cirrhosis and liver cancer | <ul style="list-style-type: none"> A virus that causes inflammation or scarring of the liver Can lead to cirrhosis and liver cancer | <ul style="list-style-type: none"> A virus that attacks the immune system Can progress to AIDS – a condition that develops when the immune system can't respond effectively to illness, infection and some cancers |
| Symptoms | <p>Most people will get gastro-like symptoms, common for kids to not have any symptoms at all</p> <p>You might get:</p> <ul style="list-style-type: none"> fever weakness and fatigue loss of appetite, nausea and vomiting joint aches or pains (especially in liver) jaundice (yellowing of skin and eyes) dark urine and light faeces | <p>Common not to have any symptoms, children often don't get symptoms</p> <p>You might get:</p> <ul style="list-style-type: none"> flu-like symptoms loss of appetite nausea and vomiting fatigue abdominal pain muscle and joint pain dark urine and light stools jaundice | <p>Common not to have any symptoms for many years</p> <p>You might get:</p> <ul style="list-style-type: none"> flu-like symptoms fatigue nausea and vomiting muscle aches and pains abdominal discomfort mood swings, anxiety, depression skin rashes | <p>Common not to have any symptoms, most people will have some symptoms</p> <p>You might get:</p> <ul style="list-style-type: none"> flu-like symptoms fever or chills swollen lymph nodes rash (similar to boils) nausea, vomiting and diarrhoea muscle aches sore throat, cough |

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| Transmission | <ul style="list-style-type: none"> Faecal-oral transmission – poo with hep A virus getting into the mouth of another person <p>It can happen through:</p> <ul style="list-style-type: none"> Eating food prepared by someone with hep A who hasn't washed their hands Drinking water that might be contaminated by faeces or sewage Having anal-oral sex (licking someone's bottom who has hep A) | <ul style="list-style-type: none"> Blood-to-blood contact Sexual contact Mother with hep B to baby – vertical transmission <p>It can happen through:</p> <ul style="list-style-type: none"> Unprotected sex Blood to blood contact – sharing injecting or tattooing equipment, razors and tooth brushes From mum (with hep B) to bub at birth – vertical transmission | <ul style="list-style-type: none"> Blood-to blood contact <p>It could happen through:</p> <ul style="list-style-type: none"> Sharing needles Piercing and tattooing equipment Traditional ceremonies and blood rituals Receiving blood products prior to 1990 in Australia | <ul style="list-style-type: none"> Blood-to-blood contact Sexual contact <p>It could happen through:</p> <ul style="list-style-type: none"> Sexual contact with a person who has a detectable viral load Use of unsterile injecting equipment Use of unsterile tattooing & body piercing equipment Receiving blood products (prior to 1990 in Australia) |
| Treatment | <p>Most people won't need treatment – just manage symptoms</p> <ul style="list-style-type: none"> Drink lots of water Rest Don't eat fatty foods Stay away from alcohol and smokes <p>Your body will get rid of hep A and you won't get it again</p> | <ul style="list-style-type: none"> There is currently no cure Goal of treatment is to reduce the amount of virus in the body to reduce damage to liver overtime If you are living with hep B you should have a checkup every 6 months | <ul style="list-style-type: none"> Treatment can cure HCV Direct acting antiviral (DAA) tablets 95% cure rate One pill per day for 12 weeks All doctors can now hep C treatment | <ul style="list-style-type: none"> There is currently no cure Goal of treatment is to reduce the amount of virus in the blood stream to undetectable Treatment is lifelong, with few side effects and is safe for long-term use |

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| <p>Prevention</p> | <ul style="list-style-type: none"> • Get vaccinated • If you have hep A wash your hands after going to the toilet, changing nappies, and preparing food • If you have had hep A you shouldn't return to work, school or child care until you are no longer infectious – at least seven days after the onset of jaundice (Queensland Health) <p>For more information see Hepatitis A - The Facts</p> | <ul style="list-style-type: none"> • Get vaccinated • Don't share injecting equipment • Don't share tattoo or piercing equipment • Don't share razors or toothbrushes • Have safe sex – use condoms and lube • Bubs of mums with hep B need to have 2 injections within 12 hours of birth to lower risk of getting hep B – vaccination and HBIG (hepatitis B immunoglobulin) <p>For more information see Hepatitis B – What You Need to Know</p> | <ul style="list-style-type: none"> • No vaccination • Don't share injecting equipment • Don't share tattoo or piercing equipment • Don't share razors <p>For more information see Hepatitis C Cure - What you need to know</p> | <ul style="list-style-type: none"> • No vaccination • Don't share injecting equipment • Don't share tattoo or piercing equipment • Don't share razors • Have safe sex – use pre exposure prophylaxis (PrEP), condoms and lube, or have sexual contact with someone who has an undetectable viral load • Treatment as Prevention (TasP) – when managing HIV, maintain an undetectable viral load to prevent ongoing HIV transmission • PrEP – HIV treatments to prevent possible infection when engaging in unsafe practices with HIV positive person with a detectable viral load • Post exposure prophylaxis (PEP) – 4 week course of HIV treatment that may prevent transmission - must be commenced within 72 hours of potential exposure |
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