



Public Service Announcement

World Hepatitis Day 2020

Start Date: July 24, 2020

End Date: July 28, 2020

Nunavut-wide

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World Hepatitis Day is held every year on July 28 to raise awareness of this viral illness. This year, the global effort is to end hepatitis by finding the millions who are living with viral illness unaware. The COVID-19 pandemic has demonstrated the importance of working together to reduce the spread of viral illnesses. For more information on World Hepatitis Day, you can visit <https://www.catie.ca/en/whd>

Hepatitis causes inflammation of the liver and, if left untreated, destroys healthy liver cells. Symptoms of hepatitis often go unnoticed but can include:

- Fatigue.
- Decreased appetite.
- Yellowing of the skin and eyes.
- A rash.
- Dark-colored urine.
- Flu-like symptoms.

Testing for hepatitis is done through a blood test at your local health centre. There is a vaccine to prevent hepatitis B and Nunavummiut are encouraged to review their immunization status with a nurse in their community and keep up to date on all immunizations.

Though hepatitis B and C are different viruses, they can be passed in similar ways through:

- unprotected oral, anal, or vaginal sex;
- shared drug equipment;
- unsterilized tattoo or body piercing equipment;
- blood-to-blood contact;
- shared household;
- during childbirth.

