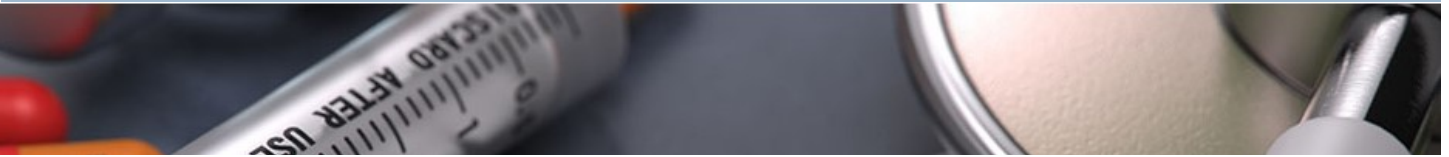


# DIABETES AND HEPATITIS B

## WHAT YOU NEED TO KNOW



Hepatitis B is a contagious liver disease caused by the hepatitis B virus. Hepatitis B disease can range from a mild illness to a lifelong infection that causes serious health problems, including liver damage, cirrhosis (scarring of the liver), liver cancer, and even death.

The hepatitis B virus is usually spread when blood or other body fluids from a person infected with the hepatitis B virus enters the body of someone who is not infected (for example, exposure to blood from needlesticks or other sharp instruments of an infected person).

People living with diabetes have higher rates of hepatitis B than the general population. Compared with adults without diabetes, adults with diabetes have a 60% higher prevalence of past or present hepatitis B infection and twice the odds of acquiring acute hepatitis B infection.

## Protect Yourself from Hepatitis B

### GET VACCINATED

- The best way to prevent hepatitis B is by getting vaccinated
- In addition to flu and pneumococcal vaccines, **Hepatitis B vaccination is recommended for adults with diabetes who are younger than 60 years of age.**
- For unvaccinated adults with diabetes who are 60 years and older, talk to your healthcare provider about hepatitis B vaccination.

### DO NOT SHARE:

- Blood glucose meters
- Fingertick devices
- Other diabetes-care equipment such as syringes or insulin pens



For more information, talk to your healthcare provider or visit <https://www.cdc.gov/diabetes/vaccines>.