

“Hepatitis B and Me” Quiz

Please answer TRUE or FALSE (T or F) for the following questions.

- ___ 1. Immunization protects us from diseases.
- ___ 2. Hepatitis B is caused by a virus.
- ___ 3. Hepatitis B is a serious disease in children.
- ___ 4. The heart is affected by hepatitis B infection.
- ___ 5. Some people who have hepatitis B are very sick and may even die.
- ___ 6. Sometimes people who have hepatitis B are not sick and don't even know that they have the disease.
- ___ 7. Hepatitis B can be spread by forgetting to wash your hands after using the bathroom.
- ___ 8. Hepatitis B can be spread when people cough and sneeze around others.
- ___ 9. Hepatitis B can be spread through contact with body fluids of an infected person (e.g. blood).
- ___ 10. Sharing razors and toothbrushes is OK.
- ___ 11. Two needles are needed for protection against hepatitis B.
- ___ 12. You probably won't get sick after your needle, but your arm may get sore.

Answers to “Hepatitis B and Me” Quiz

1. TRUE

Immunization protects us from diseases like measles, mumps, polio, tetanus, whooping cough, hepatitis B and meningococcal meningitis.

A person’s natural immune system fights off infections and diseases. Vaccination against diseases helps the immune system fight these diseases and reduces the possibility of spreading the diseases from person to person. **Being immunized protects you and the people around you from sickness and possible death.**

2. TRUE

Many diseases are caused by viruses. Some examples include colds, flu, AIDS and hepatitis B. The hepatitis B virus spreads more easily than the HIV virus.

3. TRUE

Children infected with hepatitis B virus are more likely to develop a chronic (lifelong) infection and have future liver problems.

4. FALSE

The heart is not affected by the hepatitis B virus, but the liver is affected. The liver helps the body digest the food you eat and get rid of other substances we put into our bodies such as some medications, alcohol and other toxins (poisons).

5. TRUE

Some people with hepatitis B get very sick and a few may die. Most people recover completely. However, the virus can cause permanent scarring of the liver and is the most common cause of liver cancer in the world.

6. TRUE

Many people who are initially infected with the hepatitis B virus have no symptoms. Some infected with hepatitis B become chronic (lifelong) carriers of the virus and they may have no symptoms. These people are still able to spread this virus to other people even though they are not sick. About 10% of adults and 90% of infants infected with hepatitis B become carriers and are able to spread the disease for many years after the initial infection. Many chronic carriers are unaware they have had this disease.

7. FALSE

Hepatitis B is NOT spread by failure to wash one's hands; however, other illnesses can be spread this way. Washing hands is always very important to prevent spreading many other infections such as colds and flu.

8. FALSE

Hepatitis B is NOT spread by coughing or sneezing. Many other diseases, such as colds and flu, can be spread by tiny droplets and it is important to cover your mouth when coughing or sneezing. Hepatitis B is not known to be spread by kissing.

9. TRUE

You can get hepatitis B from:

- contact with the blood, semen, vaginal secretions or saliva of an infected person or items contaminated by these body fluids. A microscopic amount of blood entering a break in the skin is all that is necessary to cause infection.
- sharing razors, toothbrushes or needles that an infected person has used. Do not touch or use needles left in a garbage can, park or school. Tattooing, ear piercing or body piercing with infected equipment may also cause Hepatitis B.
- a baby can be infected at birth if the mother is infected.

10. FALSE

Hepatitis B can be spread from person to person by the blood left on a razor or toothbrush if the person is infected with the virus. Do not use other people's toothbrushes or razors. Many diseases can be spread by blood. Hepatitis B is a hardy virus and can live for a while on a speck of blood (even dried blood).

11. TRUE

A series of two needles are given with at least 4 months between the first and second needle. This vaccine does not contain live viruses and cannot cause disease. This vaccine is free for all grade 7 students each year. To receive it through your doctor the vaccine would cost \$100.00 or more.

12. TRUE

Few people get sick after the needles, but some do get a sore and red arm for a couple of days. You can put an ice pack on your arm if this happens to you. Some people may feel tired or have a headache or mild fever. You will feel fine in 1-2 days.

More serious reactions (such as a high fever, difficulty breathing, swelling of the mouth or face, hives or rashes) occurring within 15 minutes of the needles should be reported to the student's parents/legal guardians if the reaction occurs while the student is in school. All students will be observed for 15 minutes by the clinic nurses. Parents/legal guardians should notify their family doctor and the Toronto Public Health Immunization Information Line at 416-392-1250 of serious reactions.