

# Viral Hepatitis

Hepatitis is a disease of the liver most often caused by a virus. In severe cases, it can damage the liver. There are different types of hepatitis.

Most cases of hepatitis can be spread to other people. It is spread by sexual contact or by contact with stool, urine, blood or other body fluids of an infected person.

## Signs

Common signs include:

- Body aches, weakness, tiredness
- Loss of appetite
- Nausea or vomiting
- Diarrhea or constipation
- Dark urine
- Light colored stool
- Fever
- Headache
- A dull ache in the right upper side of the abdomen
- Yellow color to the skin called jaundice
- Itchy skin
- Joint pain and rashes

Some people with hepatitis have no signs.

# 病毒性肝炎

肝炎是一种最常由病毒引起的疾病。严重的肝炎能损害肝脏。肝炎有不同类型。

大多数肝炎可传染他人。其传染途径是与感染者有性接触或接触其粪便、尿、血液或其他体液。

## 症状

常见症状包括：

- 身体疼痛、虚弱、疲劳
- 失去胃口
- 恶心或呕吐
- 腹泻或便秘
- 尿色深
- 大便颜色浅
- 发烧
- 头痛
- 腹部右上方钝痛
- 称为黄疸的皮肤发黄
- 皮肤发痒
- 关节痛和皮疹

有一些肝炎患者无症状。

## **Your Care**

A blood test will show your doctor what type of hepatitis you have. Your treatment will be based on your type of hepatitis and may include:

- Rest.
- Take only the medicines ordered by your doctor. Other medicines can affect your liver.
- Do not drink alcohol since it can further damage your liver.
- Do not smoke. Avoid second hand smoke.
- Eat small portions of low fat foods to decrease nausea.
- Apply cream often to itchy, dry skin.

## **How to Prevent the Spread of Hepatitis**

If you have hepatitis or are caring for a person with hepatitis:

- Wash your hands often with soap and water. Be sure to wash your hands after contact with blood, stool, urine or saliva. Hand washing must always be done before fixing and eating food.
- The person with hepatitis should not handle food other people will eat. Throw away his or her leftovers.
- Wash dishes well with hot, soapy water and rinse.
- Wash clothing, sheets and towels used by the person with hepatitis separately.
- The person with hepatitis should not have sexual contact, including kissing, until his or her doctor says that it is safe.

## 你的医疗

做一次血检将向你的医生显示你患何种肝炎。你的治疗将根据你的肝炎类型而定，可能包括：

- 休息。
- 仅服医嘱用药。其他药物可能会影响你的肝脏。
- 请不要喝酒，因为酒可能会进一步损害你的肝脏。
- 不要吸烟。避免吸入二手烟。
- 吃少量低脂脂肪食物，以减少恶心。
- 常给发痒发干的皮肤涂润肤液。

## 如何避免传染肝炎

如果你患肝炎或在照顾一位肝炎患者：

- 常用肥皂和水洗手。在接触过血液、大便、尿或唾液后请务必洗手。做饭和吃饭前总须先洗手。
- 肝炎患者不应处理他人将食用的食物。请丢弃患者的剩余食物。
- 请用热清洁剂水清洗盘子并冲洗干净。
- 将肝炎患者使用的衣服、床单和毛巾单独清洗。
- 肝炎患者不应当有性接触，包括接吻，直到其医生告知安全为止。

## **Call your doctor if you have:**

- Vomiting where you cannot keep down any fluids
- Vomit that is bloody or looks like coffee grounds
- Black bowel movements
- Changes in behavior
- Increased bruising

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如有以下症状，请给你的医生打电话：

- 体内留不住任何液体时呕吐
- 呕吐物带血或看起来像磨碎的咖啡一样
- 大便发黑
- 行为变化
- 伤痕增多

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