

# 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.

# Hepatitis viral

La hepatitis es una enfermedad del hígado causada generalmente por un virus. En los casos graves, puede dañar el hígado. Existen diferentes tipos de hepatitis.

La mayor parte de los casos de hepatitis se pueden propagar a otras personas por contacto sexual o a través de las deposiciones, la orina, sangre u otros líquidos corporales de una persona infectada.

## Síntomas

Los síntomas habituales incluyen:

- dolores corporales, debilidad, cansancio;
- pérdida del apetito;
- náuseas o vómitos;
- diarrea o estreñimiento;
- orina oscura;
- deposiciones de color claro;
- fiebre;
- dolor de cabeza;
- un dolor sordo al costado derecho del abdomen;
- color amarillo de la piel llamada ictericia;
- piel con picazón;
- dolor articular y sarpullido.

Algunas personas con hepatitis no tienen síntomas.

## **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.

## **Su atención**

El examen de sangre le indicará a su médico qué tipo de hepatitis tiene. Su tratamiento se basará en el tipo de hepatitis que tenga y puede incluir:

- Descanso.
- Solamente tome los medicamentos recetados por su médico. Otros medicamentos pueden afectar su hígado.
- No ingiera alcohol ya que puede dañar más su hígado.
- No fume. Evite el humo de segunda mano.
- Consuma porciones pequeñas de alimentos con bajo contenido de grasa para disminuir las náuseas.
- Aplique crema a la piel seca y con picazón a menudo.

## **Cómo evitar la propagación de la hepatitis**

Si tiene hepatitis o atiende a una persona que la tiene:

- Lávese frecuentemente las manos con agua y jabón. Hágalo siempre después de estar en contacto con sangre, deposiciones, orina o saliva. Siempre se debe lavar las manos antes de preparar y consumir alimentos.
- Las personas que tienen hepatitis no deben manipular alimentos que van a consumir otras personas. Elimine las sobras.
- Lave bien los platos con agua caliente y jabón, y luego enjuague.
- Lave en forma separada la ropa sucia, sábanas y toallas que usó la persona con hepatitis.
- La persona con hepatitis no debe tener contacto sexual, incluido besar, hasta que su médico le diga que es seguro.

## **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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## **Llame a su médico si tiene:**

- vómitos que le impiden retener ningún líquido;
- vómitos con sangre o de aspecto similar a los posos del café;
- deposiciones negras;
- cambios en el comportamiento;
- aumento de los moretones.

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Viral Hepatitis. Spanish.