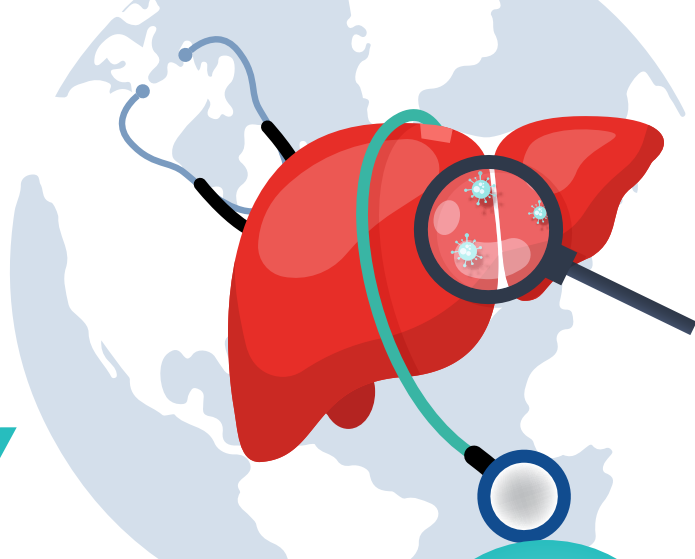


WORLD HEPATITIS DAY



The 28th of July is World Hepatitis Day - a global reminder to look after our liver, stay informed about hepatitis and act early to prevent serious damage. Hepatitis awareness is important because it helps prevent the spread of the virus, which can cause serious illness and even lead to death if left untreated.

Did you know
Hepatitis B & C
cause 75% of liver
cancers globally?

WHAT IS HEPATITIS?

Hepatitis is inflammation of the liver, most often caused by viruses like Hepatitis A, B, or C but alcohol, certain medicines and other conditions can cause it too. The hepatitis virus spreads through ingesting contaminated food or water, contact with infected blood, semen and other bodily fluids or mother-to-baby transmission.

COMMON SYMPTOMS:



Unusual
tiredness



Nausea or loss
of appetite



Pain or
discomfort in
the upper right
side of the
stomach



Jaundice
(yellowing of
skin or eyes)



Dark urine or
pale stools



Fever

WHO'S AT RISK?



Children & youth: Risk for Hepatitis A & B mostly through food or mother-to-child infection.



Adults & the elderly: Higher risk for chronic Hepatitis B or C, especially if exposed earlier in life.

WHY SHOULD YOU CARE?

Untreated hepatitis can silently damage your liver for years leading to:

- Cirrhosis (liver scarring)
- Liver failure
- Liver cancer
- Death

WHAT CAN I DO TO PROTECT MYSELF?



VACCINATE:

Safe vaccines protect
against Hepatitis A & B



TEST & TREAT:

Early testing for
Hepatitis B & C can
help detect infection
and save your liver



BE SAFE:

Practice good personal
and food hygiene, safe
sex and avoid sharing
needles



CARE FOR YOUR LIVER:

Limit alcohol, manage
your medication and
eat healthy foods



HOW CAN THE SOCIETY HELP?

Although some types of hepatitis, such as hepatitis A, can clear up on their own, the Society provides the following support:

- **Screening and diagnosis:** 90% cover for consultations with your GP or specialist, blood tests for hepatitis A, B, or C, liver function tests and ultrasounds if required.
- **Vaccinations:** 100% cover for hepatitis A and B vaccines as preventive care, especially for high-risk members.
- **Medication:** Hepatitis medication is funded from the Acute benefit, paid at 70% of negotiated rates, subject to the annual limit of R5 820.
- **Hospital care:** If hospitalisation is needed for severe hepatitis or procedures, such as liver biopsies, your in-hospital benefits will apply (subject to pre-authorisation).

Please take advantage of the Society's screening tests

- identify any health conditions early for the best outcome. Read more [here](#).



NEED HELP? Reach out to the Benefit Society if you have any queries.

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