



HEP B

Information for gay men



What is it ?

Hepatitis B (or Hep B for short) is a virus, which attacks the liver.

Hep B is 100 times more infectious than HIV.

Unlike HIV the virus has been detected in all body fluids.

How do I get it ?

Most sexual activity between men carries some risk of passing on Hep B. Hep B is a stronger virus than HIV and more able to survive outside the body. It has been found in saliva, blood, cum, pre-cum, shit and piss. The following can put you at risk:-

- fucking without a condom
- oral sex
- sharing sex toys
- watersports (if you get piss in your eyes or mouth)
- rimming
- scat
- deep kissing
- shared toothbrushes/razors
- blood to blood contact eg. sharing injecting equipment

What are the signs ?

You can be infected with Hep B and experience no illness or symptoms yet still pass the virus to other people. For most people symptoms may include:

- a flu like illness
- skin/eyes may turn yellow or be jaundiced
- extreme tiredness
- your piss may go dark in colour
- your shit may turn light in colour

Being infected with Hep B can cause severe liver damage and for some this can be irreversible or even fatal.

What can I do about it ?

You can protect yourself against Hep B by getting vaccinated at the Health Shop.

This involves a course of three vaccinations over 6 months. You need to have all three to be fully protected.

The vaccine is safe whether or not you are HIV positive.

**We strongly recommend
Hepatitis B vaccination for all
gay and bisexual men.**

To make an appointment for Hep B vaccination ring the Health Shop or drop in:

**The Health Shop
Broad Street
Hockley
Nottingham
Tel. 0115 947 5414**

Open

Mon, Tue	9.00am - 5.00pm
wed	2.00pm - 7.00pm
Thu	9.30am - 5.00pm
Fri	9.30am - 4.30pm

e-mail:

healthshop@nottinghamcity-pct.nhs.uk

For more information on Hep B go to:

www.hepinfo.org

If you have concerns regarding any aspect of your sexual or emotional health you can always speak confidentially to GAI Project staff based in the Health Shop.

The GAI Project aims to support gay and bisexual men in making informed choices about their lives.

You can contact us on our direct line **0115 947 6868**, through the Health Shop or come and have a chat with us at our outreach stalls.



e-mail:

gaiproject@nottinghamcity-pct.nhs.uk