



## 乙肝病毒和疫苗

### 什么是乙型肝炎?

乙型肝炎 (HB) 是一种很容易通过血液和体液传播的病毒。这种病毒可以在剃须刀或牙刷等物质上存活多达一周。它会引起肝脏的损伤、肿胀或肝癌。安大略省每年的 HB 都会导致大约:

- 350例死亡
- 300例癌症
- 90例肝脏肿胀或损伤

乙肝疫苗*里成分有哪些?	还有何处可以发现这些成分?
部分乙型肝炎病毒	乙型肝炎病毒
铝	蔬菜、谷物、除臭剂
氯化钠	人体, 盐
硼酸钠	水、土壤
酵母	人体, 面包, 百吉饼
甲醛	人体, 水果, 鱼

\* Recombivax® 疫苗成分\*

### 接种乙肝疫苗有什么好处?

- 如果接种所有针剂, 疫苗可保护大多数人 (>95%) 预防乙型肝炎病毒至少15年或更久。

### 乙肝疫苗安全吗?

- 安全!
- 乙肝疫苗已在渥太华公的学校免疫诊所使用超过25年。
- 您不会从疫苗中**传染**肝炎病毒。

### 乙肝疫苗的副作用有哪些?

最常见的副作用	不常见的副作用	非常罕见和严重的副作用
注射部位的发红、疼痛和/或肿胀, 特别是在最初的 24 小时内	疲劳、头痛和/或轻微发烧	引起严重的过敏反应; 呼吸困难, 面部或口腔肿胀, 荨麻疹
治疗: 冰敷疫苗注射部位, 或服用乙酰氨基酚 (如 Tylenol®)。		诊所的护士接受过治疗严重反应的培训

### 我如何保护自己避免乙肝感染?

- 接种疫苗。
  - 节制房事。
1. 如果您正考虑发生性行为, 一些方法可以保护自己避免乙型肝炎, 向您的父母, 医疗保健提供者咨询, 或在 [ParentinginOttawa.ca/immunization](https://parentinginottawa.ca/immunization) 获得更多信息。
- 确保使用无菌工具进行纹身或穿体装饰。
  - 不要共用剃须刀、牙刷或其他个人护理用品。

### 风险比较-乙肝病毒或乙肝疫苗?

乙型肝炎病毒风险	乙型肝炎疫苗风险
每 10 名受感染的儿童中就有 1 名患有急性肝炎	手臂疼痛-每 10 个人中有 3 个人的手臂疼痛
每 100 例急性乙型肝炎患者中有 1-2 例死亡	发烧-每 100 人中就有 6 人
每 10 名受感染的儿童中有 9 人没有症状, 但可感染其他儿童 (携带者), 10 名 5 岁以上的感染者中有 1 人患有慢性乙型肝炎。多达四分之一的慢性乙型肝炎患者死亡	严重的反应非常罕见

### 我如何准备接种疫苗?

- 与您的父母或监护人讨论疫苗。
- 了解如何应对您的担忧 (专注于呼吸, 让目光远离针头, 数数到10, 等等)。
- 接种当天穿短袖衬衫。
- 吃早餐, 多加些果汁或小零食, 以避免昏厥 (昏厥常见于成长中的青少年)。

#### 您接种过 Twinrix® 疫苗吗?

Twinrix® 是一种可以预防甲型肝炎和乙型肝炎的疫苗。在安大略省, Twinrix 不是公费疫苗。要获得全面保护, 您需要 2 或 3 剂 Twinrix®。如果您不确定您是否已有甲型和乙型肝炎的免疫保护, 请致电 613-580-6744。

请访问网站了解更多信息:

<https://www.health.gov.on.ca/en/public/publications/immune/hepb.aspx>



## Hepatitis B and the Vaccine

### What is Hepatitis B?

Hepatitis B (HB) is a virus that spreads easily through blood and body fluids. The virus can stay alive on things like razors or toothbrushes for up to one week. It can cause damage, swelling or cancer of the liver. Each year in Ontario HB leads to about:

- 350 deaths
- 300 cancers
- 90 cases of swollen or damaged liver

What is in the Hepatitis B Vaccine?*	Where else are these ingredients found?
Parts of Hepatitis B virus	Hepatitis B virus
Aluminum	Vegetables, cereal, deodorant
Sodium chloride	Human body, salt
Sodium borate	Water, soil
Yeast	Human body, bread, bagels
Formaldehyde	Human body, fruits, fish

\* Recombivax<sup>®</sup> vaccine ingredients.

### What is the benefit of get the Hepatitis B vaccine?

- If all doses are received, the vaccine protects most people (>95%) against hepatitis B virus for at least 15 years or more.

### Is the Hepatitis B vaccine safe?

- Yes!
- Hepatitis B vaccine has been used in Ottawa Public Health school immunization clinics for over 25 years.
- You cannot get the hepatitis virus from the vaccine.

### What are the side effects from the Hepatitis B vaccine?

Most Common	Less Common	Very Rare and Serious
Redness, pain and/or swelling at the site, especially during the first 24 hours	Tiredness, headache and/or slight fever	Serious allergic reaction causing; trouble breathing, swelling of the face or mouth, hives
<b>Treatment:</b> Apply ice to the area where you got the vaccine and/or take acetaminophen (e.g. Tylenol <sup>®</sup> )		Clinic nurses are trained to treat severe reactions

### How can I protect myself from the Hepatitis B virus?

- Get the vaccine.
- Be abstinent
- If you are considering having sex, there are ways to protect yourself against hepatitis B, talk to your parents, health care provider or for more information go to [ParentinginOttawa.ca/immunization](https://parentinginottawa.ca/immunization).
- Make sure sterile tools are used for tattooing or body piercing.
- Do not share razors, toothbrushes or other personal care items.

### Compare the Risks – Hepatitis B Virus or Hepatitis B Vaccine?

Hepatitis B Virus Risk	Hepatitis B Vaccine Risk
1 in 10 infected children get acute hepatitis	Sore arm - 3 in 10 people
1-2 out of 100 with acute Hepatitis B die	Fever - 6 in 100 people
9 in 10 infected children have no symptoms but can infect others (carriers) 1 in 10 infected people over age 5 get <b>chronic Hepatitis B</b> . Up to 1 in 4 people with chronic Hepatitis B die	Serious reactions very rare

### How can I prepare for the vaccine?

- Talk to your parent or guardian about the vaccine.
- Learn ways to deal with your worry about the vaccination (focus on breathing, look away from needle, count to ten, etc.).
- Wear a short sleeve shirt.
- Eat breakfast and have an extra juice or small snack to prevent fainting (common with growing teens).

### Did you have a Twinrix<sup>®</sup> vaccine?

Twinrix<sup>®</sup> is a vaccine that protects against both Hepatitis A and Hepatitis B. In Ontario Twinrix is not publicly funded. To be fully protected you need 2 or 3 doses of Twinrix<sup>®</sup>. If you are unsure if you are fully protected against Hepatitis A and Hepatitis B call 613-580-6744.

For more information, please visit:

<https://www.health.gov.on.ca/en/public/publications/immune/hepb.aspx>