
HEPATITIS B

PORAUSEN AUREUR

Ifa usun omw kopwe neuneun ei taropwen aureur

Ika pwe en mi piin urruk hepatitis B, kose alamon. Enletin poraus, arapakan 1 lon 3 aramas lon unusen fenufan e urrir ewe menin samaun hepatitis B virus in their lon ranin manawer. Kich mi silei pwe angangen kuna samaun hepatitis B mi osukosukaekiek, , aworato riafeu, me aweires. Kich mi nom ach sipwe alilis. Sia anean pwe ei taropwen aureur epwe peluweni ekkoch omw kapas ais me alisuk omw kopwe fefetal lon eu manau mi murine me pochokul fansoun an urruk hepatitis B.



Weweiti ar
kuna omw
samau



Kutta alen
alilis



Kutta alilis me
asisile ngeni
ekko

**Ifa usun neuneun
ei taropwen
aueur?**



Apechekula
ekko



Kutta peluwan
omw kapas ais

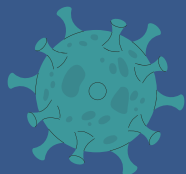


Weweiti
angangen safei
ika tumun mi wor

Hepatitis B - Met upwele fori?



Weweiti usun an urruk samau



Silei ika epwe urruk hepatitis B lon mochomochon fansoun ika lon fansoun langatam epwe alisi noum ewe tokter an epwe silei met kopwe fori. Lupwen epwe akaewin an urri emon hep B, e nom lon tikkin nge epwe lon fansoun mochomoch. Lape ngeni ekan a watte ierir ir mi pochokul lupwen epwe urrir samau lon fansoun mochomoch, ir mei tongeni asu senir menin ewe samau won pusin ar. Ika pwe ke sopwosopwelo le tes positive ren hepatitis B murin 6 maram a nom lon tikkin epwe urruk lon fansoun langatam.



Kutta emon mi sileiochu usun Hepatitis B



Ika pwe a urruk hep B lon fansoun langatam, mi auchea kopwe kutta emon tokter mei silelap lon pekin tumunun ika safeian samaun amin. Ewe Hepatitis B Foundation mi wor ren lenien kutta iten sousafei an epwe alisuk omw kopwe kuna emon sousafei ika sousilelap lon pekin amin mi nom arap ngonuk.



Tumunu ekkewe ka tonger



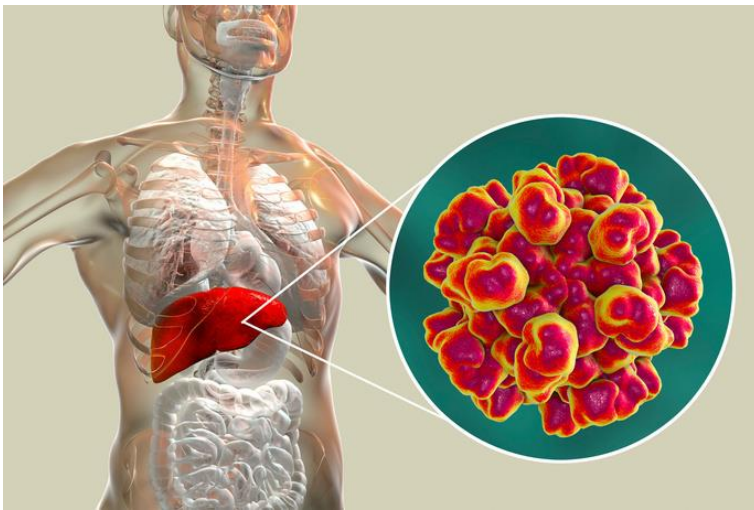
Hepatitis B a tongeni tori ekkoch ren cha me lupwen ruemon repwe nissou. Mi wor eu appos mi murine me aliis mi tongeni tumunu ekkewe ka tonger seni hep B.



Hepatitis B- Meta ei?

Met e fori?

Hep Biei nampa eu samaun amin lon unusen fenufan. Arap ngeni **300 million** aramas a fansoun langatam an urrir hep B ir mi nom fetal lon ei fenufan.



Eu menin samau e tori ewe aramas ren an pacheiti an cell iwe pwerelong lon ewe futuk imei pwaali ewe cell.

Menin ewe samau a pwerelong lon ewe cell.

Ewe menin samau a atakini pisekisekin lon ewe cell a achimwa an epwe alapalo ika neuneutiw menin ewe samau.

Ifa usun an cheufetal?



Lefilen inelap
me neun semirit



Ese aia pisekin
tumun fansoun
nissou



Aia
apposun
drugs



Pisekin appos ese
tumun me
angangen safei.



Cha a wor menin
samau lon me chenin
lon inisin aramas

Pwal ekkoch
alilis



Poraus usun met ese pwung



Hep B e cheufetal ren
mongo fengen, aia fengen
sepier, bowl, pisekin mongo
ika chopstick?



Hep B ese cheufetal ren
mongo fengen ika ren an
emon mi urri hep B
amwonlata mongo.

A

HepB e chufetal ren
chenin lon inisin aramas?



Hep B ESE cheufeta
kisfengen, foropach,
kapwong fengen,
mwonon ika chenin aw.

A

Ngang mi tongeni pupulu
ika wor chienei ika mwo
ika mi urri ei hep B?



~~EWER!~~ Aramas mi urrir
hep B ir mi tongeni pupulu
& wor neur semirit.

A

Mi tongeni wor neii
semirit nge usapw ngenir
samaun hep B?



~~Ewer~~, tumunufichi noum na menukor
epwe angei ewe apposun HepB lon
24 awa mwirin omw neuni an epwe
unus appos.

A

Ifa usun ai upwe apetti
an Hep B esapw chienei
we ika ewe uwa nissou
ngeni?



Ureni chienom na epwe angei tesin
hep B, ilka pwe negative, aia
pisekin appet (condoms) tori
epwe un!

A

LON OMW NONOM: APECHEKULA MANAWOM!

TUMUNU OMW AMIN EPWE PWAPWA!

En mi silei? Meinsin met ke ani, unumi, ngaseri ika toruk me lon unuchen inisum mei tolong lon omw we amin. Ikei ekkoch asilesil ren met kopwe fori an epwe each omw liver.

FETALO CHEK

Fori omw fansoun churi omw lenien safei ika noum tokter omw kopwe pusin apechekulok me tumunu omw amin. .



ANGEI EWE APPOS!

Angei apposun Hepatitis A omw kopwe tumunuk seni an menin ewe samau esapw nii omw amin..

AKUKUNU UN SUPWA, SAKAU

Awesi omw un supwa me sakau pwe mi ruu mi afeiangaw ngeni omw ewe amin.



KATON KANA IRAN SAFEI

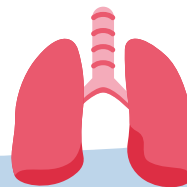
Ureni noum tokter met iran safei ika vitamins en mi angei pwokiten ekkoch mi tongeni osukosuka ekkewe safeian hep B en mi angei iwe atai omw amin. .



ASISILEI IKA POROUS NGENI NOUM WE

CHON NGONUK UNUMOM SAFEI

Ureni noum chon uwauu unumom safei meinsin safei en mi angei (pwal ekkewe ke meoni me lon sitowa) pwun lapengeni safei re katatiw me lon en amin. Chemeni epwe pwung kulokun unumom safei!



TUMUNU OMW NGASANGAS

Suseni otuotun en peinit, chechin peinit, glue, pisekin alimelim,, tetelun aparaparen ukun aramas me ekkoch chemicals mi afeiangaw mi tongeni atai omw amin..



TUMUNU ANOM

Mongo chommong foun ira, whole grains, iik, futuk ese kirs, me CHOMMONG vegetables akaseilon cabbage, broccoli, me cauliflower.

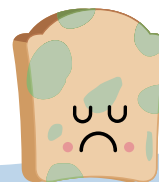
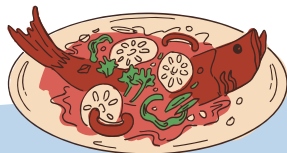
AKISATIW SUKE ME KIRIS

Aukuku mongo me un mei lap suke (ren soda, juice & snack lon plastik) ika kiris (kiris seni futuken man & mongo mi faraiin).



AMWOTA MENUN LESET

Kosapw mongo menin lesset mi amis ika ese ipwetifich (ren too, pinnik, me scallops) pwe ir mei torir menungawen samau (vibrio vulnificus) mi tongeni afeiangawa amin.



KOSE MOCHEN, ESAPW WOR UNOUN!

Cheki esapw unoun won pwikil, me grain akawin ika pwe mei nom lon checheon me suk (ren aflatoxins) mi tongeni awora cancerin amin.

STAY WELL AND RESTED

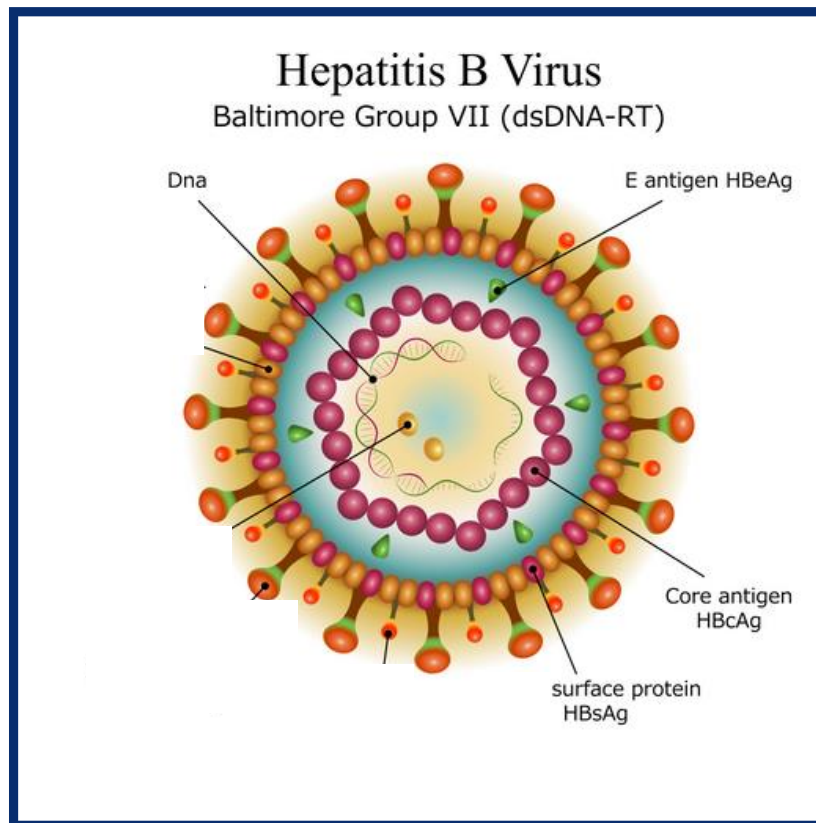
Reduce your stress levels by eating healthy foods, exercising regularly, and getting plenty of rest.



Chommong alilis



Weweiti omw tesin Cha ren Hepatitis B



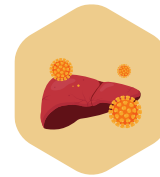
Aukukun Hepatitis B Surface Antigen/qHBsAg

Ei tesin cha e auku ewe ukukun menin hepatitis B ren surface antigen a nom lon ewe cha. Lupowen repwe chufengen me ewe tesin HBV DNA, qHBsAg e awora ingeni tokterin amin chommong met repwe silei ren an emen tori menin HBV. Mi pwal tongeni ar repwe aia an epwe alisi ngenir ar repwe silei ika nenengeni met sokkun tumunu ika safei repwe aia. .



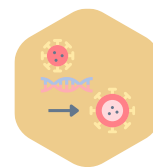
HBsAg (Hepatitis B surface antigen)

Pwungun tes mi "positive" ika "reactive" HBsAg wewen pwe ewe aramas a urri menin hepatitis B. Ei tes mi tongeni kuna an menin hepatitis B (itan the "surface antigen") nom lon chaom.



E antigen or HBeAg:

Eu tes mi negative wewen pwe melip ewe menin samau ese fori an angangen lapelo ika neuneutiw lon ewe amin. Wewen a emon aramas ra tongeni ura mi urri menin ewe samau lupwen an tes mi positive, me ese urri menin ewe samau ika mi negative an tes.



HBV DNA

Ei tes e auku ukukun hepatitis B DNA lon chaom, e pwari usun an ewe menin samau lapelo ika neuneutiw..

Weweiti omw ewe tesin cha ren hepatitis B mi tongeni osukosuka ekiekum. Mi auchea kopwe poraus ngeni noum tokter omw kopwe weweiti pwungun omw ewe tes me met ka nom won ren hepatitis B. Ei taropwen letan poraus mi tongeni alisuk omw kopwe weweiti me peluweni omw kapas ais ren met wewen omw ewe tesin cha me ika pwe ka urruk menin samau, en mi tumun, ika epwe muttir toruk hepatitis B. Tumunu fichi kopwe ungor kapin omw na tesin cha omw opwe weweiti.

Chommong alilis

www.hepb.org | 215-489-4900



Tumunu Hepatitis B

Ika pwe a urruk menin hep B fansoun langatam, noum tokter epwe wisen nenengeni omw na hep B me pechekulen omw amin omw kopwe sou chek iteiten **3 ngeni 6 maram, aia ekkei tes:**

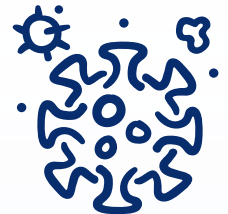


- ✓ Cheki inisum
- ✓ Tesin cha ren cheki menin omw amin
- ✓ Tesin cha epwe pwari angangen omw amin
- ✓ Tesin cha ren chekin cancerin amin
- ✓ Tesini cha ren asisilen hepatitis B
- ✓ Complete Blood Count (CBC)
- ✓ Nenengeni ewe amin lon sasing



Menin Amin

Ekkei tesin cha e auku ika mi wor feiengawen ewe amin e feito seni menin ewe samaun the hepatitis B. Luopwen ewe amin epwe feiengaw, menin ewe amin mei tongeni tolong lon ekkewe wan cha. Luopwen repwe chomongelo, mi tongeni afeiengaw ewe amin.



Alanine Aminotransferase (ALT ika SGPT)

Ei menin amin sa nengeni eochu ren menin samaun hepatitis B e kon nien nom lon ewe amin. Ei tes mi auchea ren pekin filata ika pwe emon aramas epwe murine an epwe angei safei ika ren nengeni ifa usun an emon aramas epwe mefi ren safei.



Alpha-Feto Protein (AFP)

Ei tesin cha sia aia lupwen ach nengeni ika a urri emon cancerin amin ren ekkewe a fansoun langatam an urrir hepatitis B me kopwe tes iteiten omw angei ei tesin cha. Ika pwe a kon lapelo AFP ren emon aramas, iwe epwe alapalo angei cha me sasingu.



Ikaeo ngeni ewe amin me lon sassing

Noum we tokter mi tongeni ura repwe sasinguk, FibroTest, ika transient elastography an epwe nengeni ika tumunu feiengawn ewe amin (e.g. pwichikaren, fibrosis, cirrhosis) me kutta cancerin amin. Tumunufichi kopwe poraus ngeni noum tokter ren cancerin amin. Lapengeni sia pesei epwe wor sasingu me angei cha faniten chekin ewe amin iteiten 6-12 maram.



Chommong alilis



- *Met sokkun samaun hepatitis B e urri ei: eu minefon samaun "acute" ika eu samaun "chronic"?*



Eu minefon menin samau iei eu e keran chek fisita me ra eita ngeni **acute infection**. Wewen a keran urruk hepatitis B. Lapengeni ekkewe a watte ierir ir mi kanengeni ika arap ngeni emon mi urri hepatitis B (arap ngeni 90%) remi tufichin chikar seni ewe acute infection. Ewe acute infection ekan nom kis seni 6 maram. Ese wor eu safei mi kefillilo ren ekkewe aramas ir mi urrir acute infection. **Chronic infection** iei ewe a nom lon inisum lapseni 6 maram. Chronic infection eu samau epwe nom reom lon ranin manawom epwe wor tumunun me nengeni pechekulen omw amin iteiten 6-12 maram ren emon tokterin amin.

- *Jan upwe tinalo ai famili, puluwei, ika chienei le nissou ar repwe tes me angei apposun hepatitis B? Met upwe fori ai upwe tumunur tori an epwe unus apposur?*



Chon lon imwom me chienom le nissou repwe angei tesin hepatitis B. Aisini noum we tokter ren lenien safei lon leniom ika ureni chon lon imwom ika chienom repwe poraus ngeni neur tokter me tungor ar repwe angei tesin hepatitis B.

- *Mei eoch ngeni ei ai upwe safei? Ika pw, pwata? Ika ewer, kose mochen aweweni pwata me ureni ei met sokkun safei mi wor?*

Esapw meinisin mi eoch ngenir repwe angei safeian hepatitis B. Angei safeian hepatitis B e alongolong won chommong mettoch, ierin emon, uruwon an famili, uruwon, pwungulon an tesin menin amin, ukukun hepatitis B DNA, me ekkoch mettoch. Poraus ngeni noum tokter omw kopwe pii ika angei safei mi murine ngonuk. Chemeni pwe lon ekkei fansoun, **angei safei eu angangen likitiw ngeni safei lon fansoun langatam**, me kopwe amwonla omw opwe safei lon unusen ranin manawom. ika tori an epwe wor safeian.



- *Ika pwe use tufichin angei safeian tumun, met upwe fori ai upwe tumunu ai hepatitis B?*

Aramas ir mi angei me rese angei safei ir mi niit repwe tutumunu ar hepatitis B. Tumunun hepatitis B mi pachelong tesin HBV DNA, tesin ALT, me sasingu ika ekkoch sokkun angangen sassing ewe amin.

- *En mi tongeni ureni ei usun pekin kaeo ngeni safeian samau? En mi fori angangen kaeo ngeni safeian hepatitis B? Ika pwe ewer, kose mochen aweweni ngeniei?*

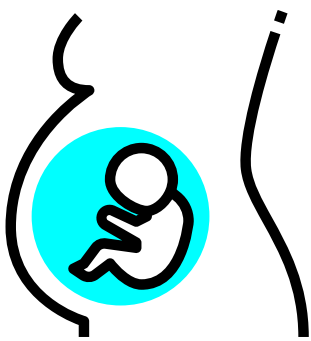
Meinisin safei sia kan tesinir, mei wor ulungat kinikinin ach tesini, ach sipwe nengeni usun eochun me manamanan me mwen an epwe kapwungulo. Volunteer ren ekkei pekin tes ika prokramin kaeo mi fokkun lamwot ngeni emon chon samau me fokkun lamwot ngeni pekin kaeo, me ekkoch chon samau.

Alilis ren
Lenien tes



Poraus ngeni noum tokter- met kopwe ais

- *Ika pwe u mochen epwe wor neii, upwe witi ai poputa safei? Ika pwe upwele poputa safei iei, inet upwe tongeni ekiekin neuneu semirit?*



Ika ke tes positive ren hepatitis B lupwen omw pwopwo, noum we tokter epwe tesini chaom ren hepatitis B (HBV DNA) lupwen omw pwopwo. Fan ekkoch, pwungun omw ewe tes epwe pwari nge a kon lap menin ewe samau. Ekkei sokkun, noum we tokter epwe aureureok kopwe angei ewe eu antiviral drug lon omw wiik 27 tori omw neuneu an epwe akisatiw an noum we menukol esapw tori ewe samau. Noum we menukol epwe niit ewe apposun hepatitis B 24 mwirin omw neunatiw tapweto an appos lupwen an lapeta (epwe mwar 2 apposun hepatitis B) lupwen an eu ierir. Ei mi tongeni appeti an esapw tori menin hepatitis B lupwen omw neuni.

- *Ikei iten ekkei safei ngang mi angei iei – met ir mei eoch ngeni ai ei amin?*

Ewe amin iei eu ekkewe pisekin lon inisich mi auchea me mi tongeni angei ekkewe safei sia unumi. Mi auchea noum we tokter epwe silei met safei en mi angei, akaewin ika pwe mi urruk hepatitis B pwokiten epwe osukosuka omw amin. Lukei iteiten ekkewe safei (pachelong ira me vitamins) ngeni noum we tokter pwe epwe silei met safei ka angei.

- *Met safei wa meoni me lon sitowa ika ira safeian alilis uwa tongeni angei ren safeian metek, feu, me ekkoch.?*

Chommong aramas re pwapwaiti ar repwe angei ekkoch safei seni ira an epwe alisi ar menin appeti samau me alisi ar amin. Osukosukan pwe ese wor alluk ren kompeni ra fori ekkei safei, wewen pwe ese wor tes mi tichik an epwe tesini ika ekkei safei mi murine ika eoch. Likilikin ika pisekisekin ekkei safei seni ira ika mei sakofesen. Ekkoch ekkei sokkun safei mi tongeni aosukosuka unumom kewe safeian hepatitis B seni tokter ika ekkoch pekin; ekkoch mi tongeni epwe afeiengawa omw amin. Poraus ngeni noum tokter me mwen kopwe angei ekkei sokkun safei.

- *Met upwe angei tesin ekkoch samaun amin, ren hepatitis C ika D?*

Ewer, sia pesei pwe ika kopwe tes positive ren hepatitis B, kopwe pwal tes ren hepatitis C me hepatitis D ika Delta. Ekkei tes mi chek mecheres en mi tongeni angei me ren an noum na tokter ofes.

- *Met upwe angei appos ai upwe tumunuwei seni hepatitis A?*

Ewer, ewe apposun hepatitis A mi pesepes ngeni aramas mi urrir hepatitis B. Aisini noum we tokter usun omw kopwe angei ewe apposun hepatitis A ikenai.

Chommong Alilis





Safeian Hepatitis B mi kapwungulo faniten mi watte ierir (U.S.)



MI wor eu safei faniten mi watte ierir me semirit ren tumunun hep B virus, e alisi le akisatiw an esapw lapelo chommong samaun amin, nge ese wesen wor eu safei epwe awesalo samaun hepatitis B.

Tumunun ika safeian hepatitis B mi wor iei a wor ruu kinikinin:

Immune modulator Drugs – Ekkei sokkun safei ra alisi an ewe pekin appeti samau lon inisich an epwe alisi le uwauu ewe menin hepatitis B. A kawor lon appos (mi wewe ngeni an ekkewe mi man suke angei) lap seni 6 maram ngeni 1 ier.

Antiviral Drugs – Ekkei safei e aukatiw ika aiimangalo an menin hepatitis B esapw lapelo ika neuneutiw, e akisatiw an ewe amin esapw pwichikar me feiengaw. A kawor lon feufeun safei fan eu lon eu ran lon ukukun 1 ier me lapengeni ekan tamelo.

Mi auchea ach sipwe silei pwe esapw meinis in ir mi urrir chronic hepatitis B re niit safei. Melip epwe weires ach sipwe tipeeu ngeni lupwen sia keran silei pwe a tori kich menin ewe samau pwokiten ach sipwe unumi safei iei aewin met sipwe fori ach sipwe chikar.

Itan safei	Ier e kapwungulo	Tichikin awewen
Tenofovir disoproxil (Viread)	2008	Efeu safei sa angei fan eu lon eu ran, ese chommong osukosukan, lon eu ier ika fen tam seni. Ei mi nom lon tikkin akaewin safei ika tumunun samau mi piru me lapelo mi man.
Tenofovir alafenamide (Vemlidy)	2016	Efeu safei sa angei fan eu lon eu ran, ese chommong osukosukan, lon eu ier ika fen tam seni. Ei mi nom lon tikkin akaewin safei ika tumunun samau mi piru me lapelo mi man.
Entecavir (Baraclude)	2005	Efeu safei sa angei fan eu lon eu ran, ese chommong osukosukan, lon eu ier ika fen tam seni. Ei mi nom lon tikkin akaewin safei ika tumunun samau mi piru me lapelo mi man.
Telbivudine (Tyzeka or Sebivo)	2006	Efeu safei sa angei fan eu lon eu ran, ese chommong osukosukan, lon eu ier ika fen tam seni. Ei mi nom lon tikkin aruwan kinikinin safei ika tumunun samau mi piru me lapelo mi man.
(Hepsera)	2002	Efeu safei sa angei fan eu lon eu ran, ese chommong osukosukan, lon eu ier ika fen tam seni. Ei mi nom lon tikkin aruwan kinikinin safei me chon angei ei safei sipwe nengeni fichi ar kitni.
Lamivudine (Epivir-HBV, Zeffix, or Heptodin)	1998	Efeu safei sa angei fan eu lon eu ran, ese chommong osukosukan, lon eu ier ika fen tam seni. Ei safei ese wor lon U.S. pwokiten ese kon nien man usun ekkewe minefon safei me chommong aramas re osukosuk luopwen ar angei lon eu ika ruu ier.

Chommong alilis:

Ika ke nom lon United States me niit alilis omw kopwe meoni omw safeian hep B, kaeo ekkewe prokramin aliis ikei.



MI URRUK HEPATITIS B: AWORA TUMUNUN OMW NISSOU



Ika mwo pwe hep B epwe siwili omw manawen chiechi ika omw nengeni angangen nissou, omw ka samau esapw wewen pwe kose chiwen tongeni nissou ngeni chienom. Mi wor alen kopwe tumunu fichi pwe en me chienom oupwe mefi tumun lupwen ami nom lon bed, me tumunfichi pwe oupwe mefi pwapwa..

AKAUCHEAN: TUMUNU FANSOUN NISSOU

SILEI IAN KE NOM IE



AIA PISEKIN TUMUN



KAEO USUN STIS



- Esapw mecheres omw kopwe poraus won, nge omw kopwe tumunu ekkewe en mi tonger, kopwe pwari ngeni ion ka nissou ngeni pwe mi urruk hep B. Kutta aureur me won kampiuter ren epwe ifa usun omw kopwe poraus won.
- Silei nonomun chienom na. Melip esapw mecheres omw kopwe poraus won nge kopwe fori. Poraus ngeni ewe ka nissou ngeni me pesei ngeni an epwe tesin sexually transmitted infections (STIs) iteitan. Tumunu repwe angei apposun hep B me menin ewe samau.
- Aia condom me pisekin aisa lupwen omw aia won awom, ika pwuralong se lon pwangen niwit, me lon pwangen fefin — ikamwo mi urruk ika ese urruk STI. En mi tongeni angei chommong condom ese kame me ren ewe planned parenthood mi arap ngonuk.
- Silei usun an hep B cheufetal . Ka tongeni kuna tichikin praous ikei:
<https://www.hepbpositive.org.uk/hepatitis-b-and-sex>
- Kaeo ekkewe sokopaten STIs me usun ar cheufetal me met a afisatar omw kopwe tumunuk me chienom. Planned Parenthood me ewe pioing lon leniom ir epwe kon alilis ren ei pekin.

Sexual stigmas me sex-negativity iei met aramas mi urrir hep B ra churi ika tolong lon iteiten ran.

Lon an ewe a sopwolo poraus David Wojnarowi mi urri HIV-positive emon artist me activist:

"[Ifa usun omw ureni emon e keran pwa an urri samau] pwe ese tongeni ani kinamwe, ese tongeni atapa ekkoch, ese tongeni pwari an mochen nissou? [...] Eu condom, ika pwe e pwung aian epwe apeti cheun samau. Mi chommong sokopaten alen pwari mochenin foforun nissou fan chommong uwa ani[...] liwin sefal fitu pwukun miles lon space; lon ewe asewal e nom asan meinisin a usun nge nukukutong mi tetelilo usun en autun kulok lon tetelir me ar angang. Nofiti fengen ekkei sokopaten alen pwari omw mochenin kinamwe, mi wor ena achocho ngeni an epwe ataielo mettoch mi foruta seni kinikin; meinisin mi osukosuk ren alepwung me alluk"

osukosuka ai angang ika ai tufichin angang?

Unusen fenufan, millionun aramas mi urrir chronic hepatitis B ra kuna lifilifil mi aukatiw ar onotan, sukkul, angang, moni tolong me alena ngei safei. Ewe angangen anua ika anuokusu aramas e popw seni an aramas rese mochen silei mettoch me a osukosuka millionun aramas lon unusen fenufan iteiten ran. Hepatitis B ese fetal ika cheufetal ren chek ach atapa emon ika arap ngeni emon me esapw appeti an emon epwe sukkul, angang, wor an famili, ika sai fetal. Ika pwe en mi kuna lifilifil me ren aramas pwokiten mi urruk hepatitis B, mi auchea omw kopwe silei omw pwuung me epwe wor reom poraus omw kopwe alisi ngeni omw ewe keis. Aia ekkei poraus won ach ei leni an epwe alisuk le pusin fiu faniten , ika kori ewe **Hepatitis B Foundation** won info@hepb.org ika 215-489-4900 ika en mi niit alilis.

Silei omw
pwuung



Alilis faniten
lifilifil



Fiu ngeni poraus chofona

Stigma sia aita ngeni eu sokkun memef, nikinik, manawen oput aramas ir mi urrir hepatitis B. Mi tongeni angawalo manauen me nonomun aramas mi urrir hepatitis B ren an asita aramas ar resapw kaeo ika silei usun ar hepatitis B, angei safei ika tumun, ika nom lon pekin tumun. Kapas chofona faniten Hepatitis B mei tongeni osukosuka ekkewe mi mechres an epwe torir hepatitis B ren an asitar ar resapw kutta alen tumunun me tesin hepatitis B.

Ka tongeni chon wisen akisatiw poraus chofona me lifilifil ren omw alilis me poraus omw kopwe apwungu met mi mwal me met aramas ra niweitiw faniten hepatitis B ese pwung ka rong seni ekkoch.

Sisilei ekkoch ir mi urrir hepatitis B ren
omw fiti ekkewe mwichen alilis
fengen aweve ren Hep B Community



FIU NGENI HEPATITIS B: EMON CHAMPION ME LON LENIOM

Stigma

Patriarchy

Xenophobia

Racism

Homophobia

Transphobia

Ese mochen silei usun cheulon hep B mi osukosuka manawen aramas lon imwer me lenier.

Ekkewe mi urrir hep B ra soun kuna lililifil ren alluk mi osukosuka ar pwuung faniten angang, sukkul, me sai fetal.

Hep B mi sokofesen me watte osukosukan ren aramas seni ekkewe kukun mwich, sexual, ika ar lewo.

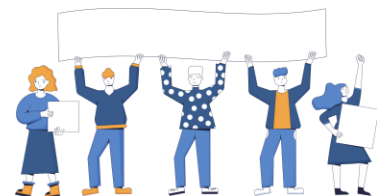
Esapw meinisin mi wewe ar angei safei. Chommong aramas ra churi osukosuken angei safei pwokiten ian re nom ia, neur moni, me osukosuken alluk mi appetir



Ewe Americans with Disabilities Act a tumunu aramas mi urrir hep B lon U.S. ar resapw kuna lililifil.



Alapalo porausen hep B lon ranin World Hepatitis Day (July 28). Chon wisen alilis faniten ekkewe mi urrir hep B ren omw pesei ngeni chon lon leniom me chon fori alluk ar repwe akkomwa angangen kaeo ng appetin, tumunun hep B.



Angang ngeni epwe wor safeian achikara ren omw kaeo usun angangen kutta me awora memef, me fiti ekkewe pekin tes me kutta safei.



MI URRUK HEPATITIS B: KUTTA ALILIS

Mwich ike Leni won kampiuter

Mi auchea kopwe akomwa ekiekin omw ekiek me nonomum fiti me pechekulen inisum. Kich mi silei pwe mi aweires omw kopwe weweiti an urruk samau me kutta alilis. Chechemeni pwe kose alamon me mi wor chommong lenien alilis sipwe atou ngonuk ren alilis lon leniom me mwichen aliilis,

- **HepBcommunity.org**
 - Eu leni ese kame faniten epwe alisi ekkewe mi urrir hep B ar repwe silei fengenir me silei ekkewe sousilelap.
- **Hep Free Hawaii Slack**
 - Eu leni mi tumun mi wor pekin alilis Hep B ren ekkewe mi nom lon kukun mwich alongolong won sexual me gender.
- **SF Hep B Free Support Group**
 - Eu leni mi tumun won kampiuter e awora lenien angei ika kuna poraus mi murine, ian repwe chulo ie faniten alilisin tumun me lenien poraus fengen ren angangen pesepes faniten alapalo tumunun memefin aramas.
- **Facebook**
 - Eu group mi monomonelo won kampiuter mi wor ukukun lap seni 14,000 chochon faniten ekkewe ir mi pwapwaiti, mefi riafeu ren, ika tumunu emon mi urri Hepatitis B.
 - <https://www.facebook.com/groups/hepatitisbfoundation>
- **Reddit**
 - Eu kukun mwich ir mi mwokutukut iei ikewe aramas ra tangeni poraus won poraus, oporaus me kopwe sis usun Hep B
 - <https://www.reddit.com/r/hepatitisB/>



In-person Communities (Chufengen lon leniom)

Mwichen alilis ren Hep B

- Eu alen kopwe chiechi ngeni ekkoch iir mi alisuk me weweiti met en mi tolong lon!

Mental Health Support (Alilisin Tumunun Ekiek)



Sisilei sou safei me therapists omw kopwe kaeo usun hep B me mental health



Auseling ngeni Heppy B podcast omw kopwe auseling ngeni ekkewe mi urrir hep B lupwen ar poraus usun ar nonom.



Cheki ekkewe poraus mi amwanaka aramas seni Hawaii living renn Hep B won ewe Hep Free Hawaii Youtube



Chommong Alilis

<https://www.hepb.org/resources-and-support/online-support-groups/>

FIU NGENI HEPATITIS B: APORAUS POROUSOM

KICH MI ALENIA POROUSOM NA

Omw aporaususun omw hep B, ka tongeni alapalo wewe,
akisatiw niuokus, me apechekula ekkoch aramas mi urrir
hep B.

#justB



Fanoun aporaus an
justB a alapalo
porausen hep b pwe eu
osukosuken samau me
a awora ngeni an
aramas repwe asila ika
silei ewe samau.

Hep Free Hawai'i a alonga
an angang won mefien me
porausen ekkewe mi urrir
hepatitis lupwen ar
aporausaporaus ar
pwora, likitiw, me enlet ar
afisata Hep Free 2030.

