



**Indiana  
Department  
of  
Health**

# Viral Hepatitis Newsletter

September 2023

## Spotlight



### Sexual Health Month

September is Sexual Health Month. If you are sexually active, getting regular testing for sexually transmitted infections (STIs) is one of the most important things you can do to protect your health and the health of others. Information regarding testing can be found below, this includes a map which is regularly updated with new STI testing and treatment sites in Indiana.

[CLICK THIS LINK](#)

## STI Prevention

### How can you prevent sexually transmitted infections (STIs)?

- Know the facts about how STIs are spread, how to protect yourself and what the treatment options are
- Abstinence
- Reduce number of sex partners
- Mutual monogamy
- Use condoms
- Get tested

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As many as...

**10 to 40%**

**Of adults seeking treatment in STI Clinics have past or current hepatitis B virus infection.**

According to the Centers for Disease Control and Prevention

### Strange Bedfellows: Adventures in the Science, History and Surprising Secrets of STIs

Ina Park's book *Strange Bedfellows* received glowing reviews, *The New York Times* writes, "Joyful and funny...Park uses science, compassion, humor and diverse stories and examples of her own shame-free living to take the stigma out of these infections." In this book Park writes about a wide range of topics related to sexually transmitted infections aimed to inform readers of the broad impact of STIs, and help fight the stigma that is often attached to them. To learn more about this book: [CLICK THIS LINK](#)

### Hepatitis B

Hepatitis B is easily transmissible through sexual contact. Hepatitis B is a contagious liver disease that ranges in severity from a mild illness lasting a few weeks to a serious, lifelong illness. Hepatitis B can cause serious health problems including liver damage, liver failure and liver cancer.

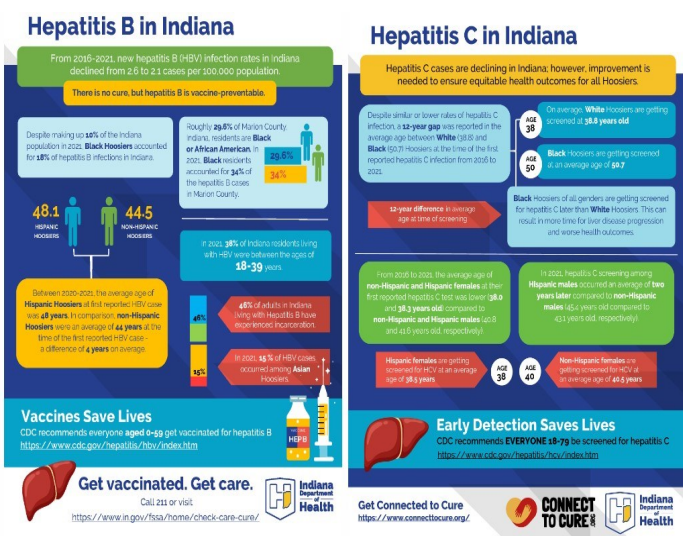
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### Health Disparities

Health disparities refer to the unequal distribution of health outcomes in different populations. Indiana is no exception to this. The following infographics display characteristics of Hoosiers who are living with hepatitis B and C. It is important to recognize how different populations are impacted by viral hepatitis to provide appropriate prevention and treatment.

Infographics about hepatitis B and hepatitis C are available in English and Spanish, here on our website:

[CLICK THIS LINK](#)



## STI/HBV Resources

### STI Testing

STI testing is quick and easy, however, there is no single test for all STIs. Talk to your doctor to find out which tests you need.

For more information on screening recommendations and where you can get tested go to the following link:

[CLICK THIS LINK](#)

### Hepatitis B Prevention

Hepatitis B is a vaccine-preventable disease. Additional prevention practices for hepatitis B also include, practicing good hygiene, practicing safe sex, avoiding direct contact with blood and bodily fluids, cleaning up blood spills, avoid sharing objects that can come into contact with blood.

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To **promote**, **protect**, and **improve** the health and safety of all Hoosiers

Indiana Department of Health

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