

Vaccination against Hepatitis B

Several well-tolerated hepatitis B vaccines, including combined hepatitis A/B vaccinations are now available and vaccination is recommended for all travellers considered at risk.

Vaccine Schedule:

The full Hepatitis B vaccination course consists of two vaccinations which would be administered by your Evans Pharmacist in to the muscle of the upper arm.

The 3 vaccinations would be administered at day 0, 1 and 2 months, after this you would be protected for 5 years. If rapid protection is required you may be able to receive the vaccinations at days 0,7 and 21 with an booster at 12 months.

Hepatitis B Vaccination Summary

Number of Vaccinations in the course	Dose intervals	Years of protection
3 (4 if rapid protection course)	1 st - Day 0 2 nd - 1 month 3 rd - 2 months Rapid protection: Day 0, 7 and 21 + booster at 12 months	5 years after full vaccination course Booster required after 5 years

Visit your local Evans Pharmacy to speak to our travel experts and book your vaccination



Travel Information

Hepatitis B

All you need to know about the disease, areas at risk, disease prevention and vaccination



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What is Hepatitis B?

Hepatitis B is a viral infection of the liver that causes inflammation. It is spread by direct contact with the blood or body fluids of an infected person. Additional Hepatitis B could also be transmitted by tattooing, body piercing, acupuncture, invasive medical procedures and infected blood transfusions.

Where could I be at risk of contracting Hepatitis B?

Hepatitis B occurs worldwide with highest rates parts of East Asia and Sub Saharan Africa. Higher rates of infection are also found in the Amazon, southern parts of Eastern and Central Europe, the Middle East and the Indian subcontinent. The rate of infection in Western Europe and North America are low.

Who is at risk of contracting Hepatitis B?

- Those who have unprotected sex
- Those exposed to blood/ blood products through their occupation
- Those exposed to contaminated needles through medical/ dental treatment
- Those who participate in contact sports in high risk countries
- Those who adopt children from risk countries
- Traveling for long periods in at risk areas
- Those who inject drugs



What are the symptoms of Hepatitis B?

The symptoms for all types of hepatitis are similar however, infection with hepatitis B is more serious than hepatitis A. In the majority of cases symptoms do not occur however symptoms include mild fever, gastrointestinal upset, nausea/vomiting, diarrhoea, abdominal pain and jaundice.

Hepatitis B illness usually lasts for about six months. In individuals chronically infected with hepatitis B the virus can persist for more than six months. These individuals may develop progressive liver disease which can cause further liver damage and in some cases liver cancer.

Recommendations for travellers

Travellers visiting areas where there is high risk of exposure to the virus are advised to get vaccinated. Additionally individuals should avoid risky behaviour e.g. unprotected sex, tattoos, piercings, visiting traditional barbers in high risk destinations. Dental and surgical procedures should also be avoided in high risk areas.

Preventing the contraction of Hepatitis B through medical procedures can be difficult since any traveller can be at risk of an accident or require emergency treatment through unforeseeable circumstances. It is recommended that travellers to high risk areas who are participating in activities that could result in injury are vaccinated prior to travel as a precaution. In addition a sterile medical equipment kit may be helpful when travelling to resource poor areas.

Information sources: Travelhealthpro.org.uk, fitfortravel.nhs.uk, MASTA

