



Do you know your hepatitis ABCs?



**BlueCross BlueShield
of Texas**

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Believe it or not, millions of people worldwide are infected at one time or another with one of the six forms of hepatitis. **You can take preventive measures to avoid being infected.**

- Educate yourself and others on how each form of hepatitis is transmitted
- Avoid sharing needles, and always make sure needles are sterile
- Don't prepare food for others while you're actively infected
- Get a hepatitis vaccine when appropriate
- Wash your hands thoroughly after using the bathroom
- Don't share razor blades or toothbrushes

To learn more about hepatitis, log on and get the facts at Blue Access[®] for Members.

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