

**Do you know your hepatitis**

**ABCs?**



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**BlueCross BlueShield  
of Texas**

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.

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- 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<sup>SM</sup>](http://BlueAccessforMembers.com).

**[bcbstx.com](http://bcbstx.com)**