

# 4 STEPS TO IMMUNITY!

VITAL INFORMATION ON HEPATITIS B FOR MEN WHO HAVE SEX WITH MEN.

THE BEST WAY TO PREVENT GETTING HEPATITIS B IS TO GET A FREE BLOOD TEST AND VACCINATION

**Man2Man.ie**  
Check it out!



**HEPATITIS B IS 100 TIMES MORE INFECTIOUS THAN HIV.**

IT IS A VIRUS THAT AFFECTS THE LIVER AND CAN MAKE YOU SERIOUSLY ILL.

YOU CAN HAVE IT AND NOT HAVE ANY SYMPTOMS.

A BLOOD TEST IS THE ONLY WAY TO FIND OUT IF YOU HAVE IT.

**THERE IS A FREE VACCINE AVAILABLE TO HELP PREVENT GETTING IT.**

**HEPATITIS B IS PRESENT IN BLOOD, SEMEN, VAGINAL FLUIDS AND SALIVA.**

YOU CAN GET IT THROUGH UNPROTECTED SEX: ORAL, ANAL OR VAGINAL,

BY SHARING NEEDLES, BLADES OR SEX TOYS,

BY DIRECT CONTACT WITH THE SMALLEST AMOUNT OF BLOOD,

BY EXCHANGE OF SALIVA, DEEP KISSING OR BITES: YOU CANNOT GET IT THROUGH SOCIAL CONTACT, HUGGING OR KISSING ON THE LIPS OR CHEEK.

**GET A FREE BLOOD TEST AND VACCINATION**



**HEPATITIS B CAN BE PREVENTED BY SAFER SEX PRACTICES: USE CONDOMS FOR ANAL, VAGINAL AND ORAL SEX.**

**USING LATEX GLOVES.**

**NOT SHARING SEX TOYS,**

**NOT SHARING TOOTHBRUSHES, EAR-RINGS, NEEDLES OR BLADES,**

**BY MAKING SURE TATTOO OR BODY PIERCING EQUIPMENT IS STERILISED.**

**THE BEST WAY TO PREVENT HEPATITIS B INFECTION IS TO GET A FREE VACCINATION.**

**THE HEPATITIS B VACCINE IS GIVEN IN THREE INJECTIONS, WHICH MUST BE COMPLETED, FOLLOWED BY A BLOOD TEST, ALL THIS TAKES EIGHT MONTHS.**

## **4 STEPS TO IMMUNITY!**

**1<sup>ST</sup> HAVE A BLOOD TEST & GET THE FIRST INJECTION**

**2<sup>ND</sup> GET THE SECOND INJECTION, ONE MONTH AFTER STEP 1**

**3<sup>RD</sup> GET THE THIRD INJECTION, FIVE MONTHS AFTER STEP 2**

**4<sup>TH</sup> GET A BLOOD TEST, TWO MONTHS AFTER STEP 3, TO CHECK YOUR LEVEL OF IMMUNITY.**

**FREE HEPATITIS B VACCINE AND OTHER STI SCREENS ARE AVAILABLE AT:**

### **GMHS STI CLINIC**

BAGGOT ST HOSPITAL, DUBLIN 4.

TUES AND WEDS DOORS OPEN 5PM TO 6.30PM

TEL: 01 6699 553 SMS: 087 9410 934

[WWW.GMHS.IE](http://WWW.GMHS.IE)

### **YOUR NEAREST STI/GUM CLINIC**

FOR DETAILS OF THESE AND MORE INFORMATION ON HEPATITIS A, B & C GO TO [WWW.MAN2MAN.IE](http://WWW.MAN2MAN.IE)

### **YOUR GP**

THE HEPATITIS B VACCINE IS FREE FOR MSM FROM ANY GP PRACTICE OR MEDICAL CENTRE. YOU JUST PAY FOR THE CONSULTATION IF YOU HAVE NO MEDICAL CARD. THE VACCINE IS AVAILABLE FREE TO GPs FROM THE HSE NATIONAL COLD CHAIN SERVICE.

### **SEXUAL HEALTH INFORMATION & SUPPORT**

TEL: GAY SWITCHBOARD IRELAND 01 872 1055

(SEVEN DAYS A WEEK)

EMAIL: [ASK@GHN.IE](mailto:ASK@GHN.IE)

