

# Hepatitis A

**2012 Case Total**      9  
**Maine Rate**        0.7 per 100,000  
**U.S. rate (2011)**    0.5 per 100,000

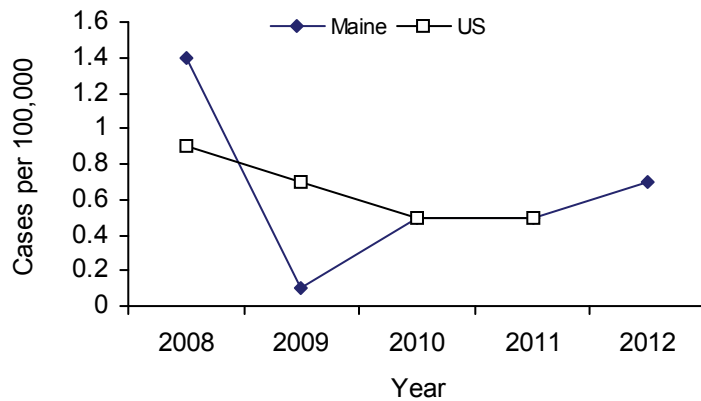
Hepatitis A is a liver disease caused by the hepatitis A virus. The virus is spread from person to person by fecal-oral transmission that involves putting something in the mouth (such as food, hands or water) that has been contaminated by a person infected with hepatitis A. Poor handwashing by persons with hepatitis A increases the risk of transmission. The virus spreads more easily in areas where sanitary conditions and personal hygiene practices are poor. Most infections result from exposure during international travel, or contact with a household member or a sexual partner who has hepatitis A.

Onset of symptoms is usually abrupt with fever, malaise, anorexia, nausea and abdominal discomfort followed by jaundice a few days later. Children are often asymptomatic. Upon recovery, a person is immune to hepatitis A for life.

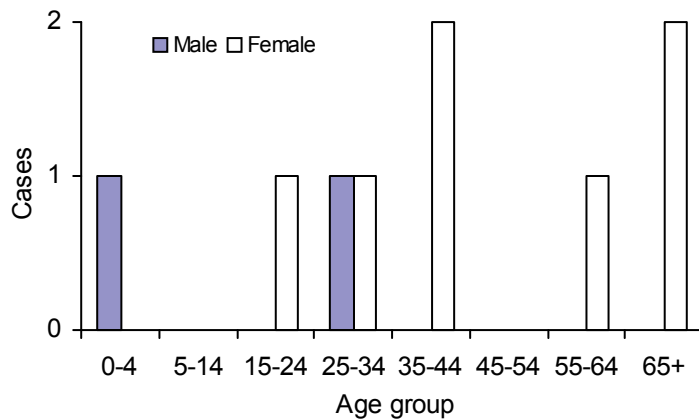
- 9 cases represent an increase from 6 cases in 2011
- The 2007-2011 median number of cases per year was 6
- Median age was 41 years
- Age range was 1 year to 87 years
- Cases were 22% female and 78% male

Washing hands after using the bathroom, changing a diaper, or before preparing or eating food can help prevent infection. Hepatitis A can also be prevented through vaccination. The two dose vaccine series is recommended for all children at 12 months of age and for persons who are more likely to be exposed to hepatitis A or become seriously ill if they get hepatitis A. The vaccine is also recommended for some travelers and for close contacts of newly arriving international adoptees.

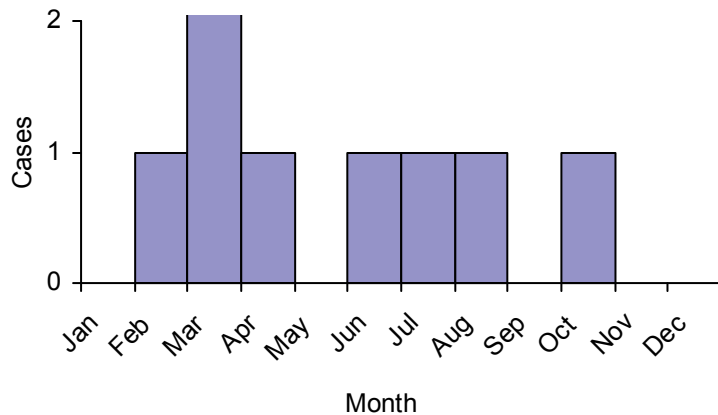
Hepatitis A Incidence, Maine and US, 2008-2012



Hepatitis A by Age and Gender, Maine, 2012



Hepatitis A by Month of Onset, Maine, 2012



# Hepatitis B, acute

**2012 Case Total**      9  
**Maine Rate**            0.7 per 100,000  
**U.S. rate (2011)**      0.9 per 100,000

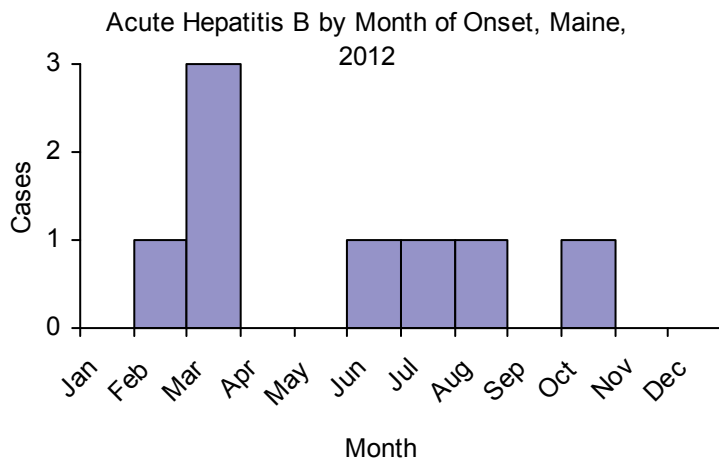
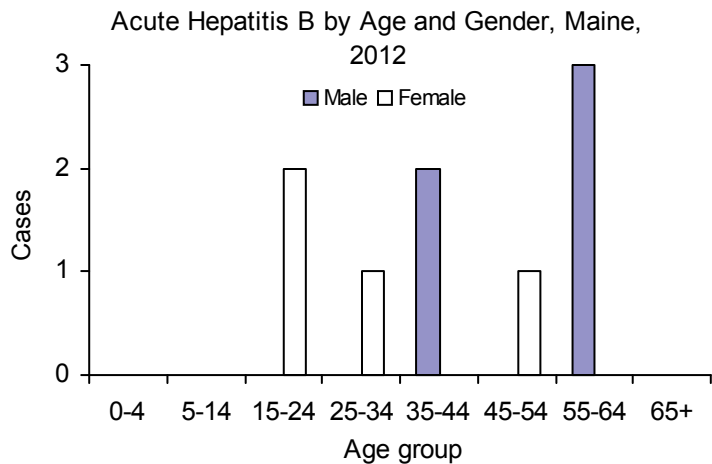
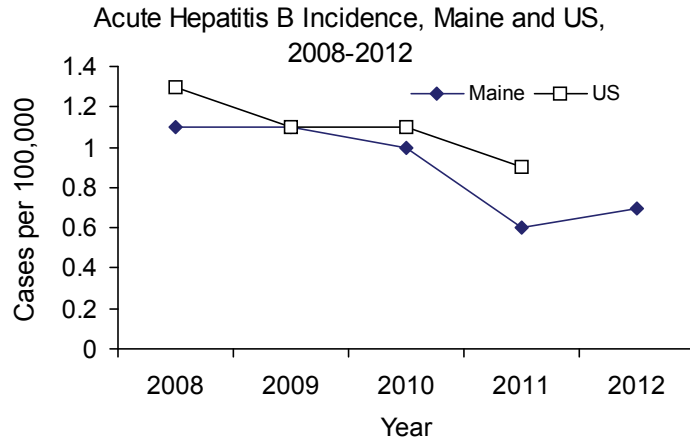
Hepatitis B is a liver disease caused by the hepatitis B virus. Acute hepatitis B infection occurs within the first six months after someone is exposed to the virus. In some cases, acute infection can lead to chronic infection. The younger the age at time of infection, the greater the likelihood of progressing to chronic hepatitis B infection.

Hepatitis B virus can be transmitted through exposure to blood or body fluids from an infected person (needle sticks and other sharps exposures, sharing hypodermic syringes for drug injection), through sexual contact with an infected person, or from an infected mother to her child during childbirth. Sexual transmission is common among men who have sex with men.

Symptoms include anorexia, abdominal discomfort, nausea and vomiting followed by jaundice. Many young children and immunosuppressed adults do not develop symptoms.

- 9 cases represent an increase from 8 cases in 2011
- The 2007-2011 median number of cases per year was 15
- Median age was 44 years
- Age range was 19 to 64 years
- Cases were 44% female and 56% male

Hepatitis B can be prevented by vaccination as well as by not sharing needles and other drug injecting equipment, using sterile needles and syringes, and using condoms. Hepatitis B can also be prevented by not sharing equipment for blood glucose monitoring and insulin administration.



# Hepatitis B, chronic

**2012 Case Total**      **105**  
**Maine Rate**            **7.9 per 100,000**  
**U.S. rate (2011)**      **Not available**

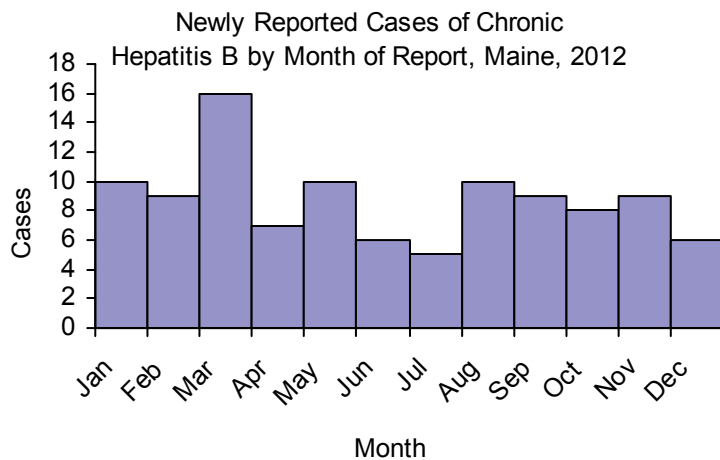
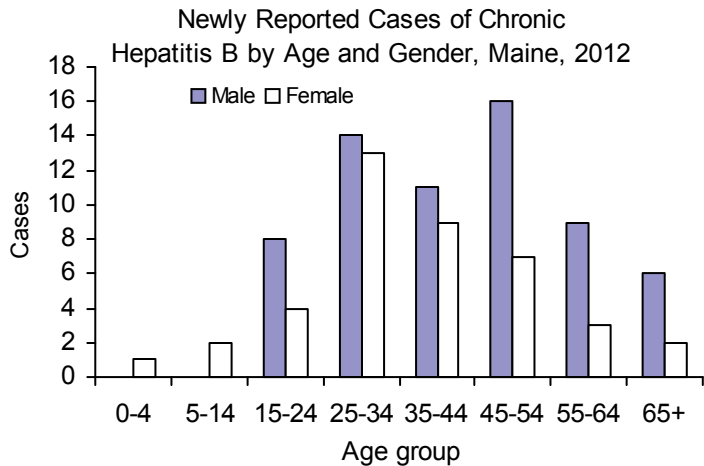
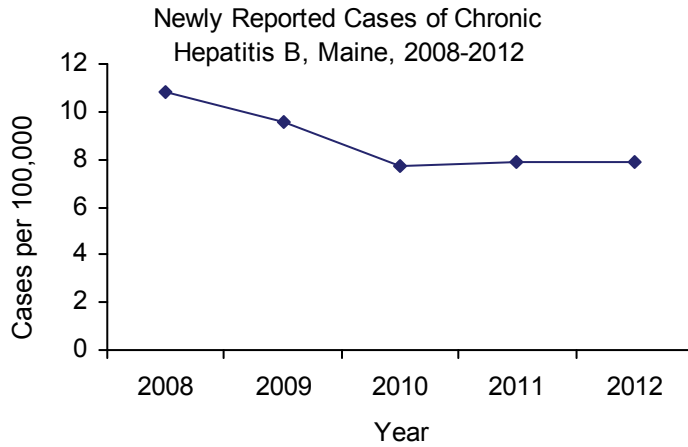
Hepatitis B is a liver disease caused by the hepatitis B virus. Chronic hepatitis B virus infection occurs when a person infected with acute hepatitis B does not clear the virus within the first 6 months of infection.

Chronic hepatitis B is a serious disease that can result in long-term health problems, such as cirrhosis (scarring) of the liver, liver cancer, liver failure, and even death. Many people do not have symptoms and may not know they are infected, but they can still spread the disease to others.

Hepatitis B virus can be transmitted through exposure to blood and or body fluids from an infected person (needle sticks and other sharps exposures, sharing hypodermic syringes for drug injection), through sexual contact with an infected person, or from an infected mother to her child during childbirth. Sexual transmission also occurs among men who have sex with men.

- 105 cases represent no change from 2011
- Median age was 39 years
- Age range was 3 to 75 years
- Cases were 39% female and 61% male

Hepatitis B can be prevented through testing and vaccination of susceptible household and sexual contacts of identified cases. Transmission can be prevented by not sharing needles or other drug injecting equipment, using sterile needles and syringes, and using condoms. Hepatitis B can also be prevented by not sharing equipment for blood glucose monitoring and insulin administration.



# Hepatitis C, acute

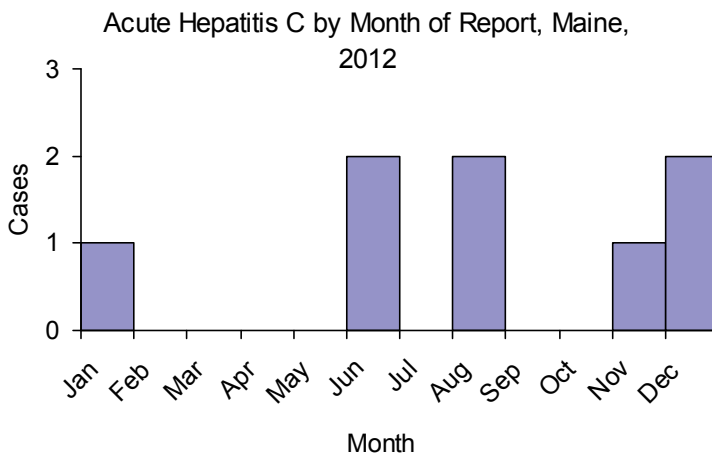
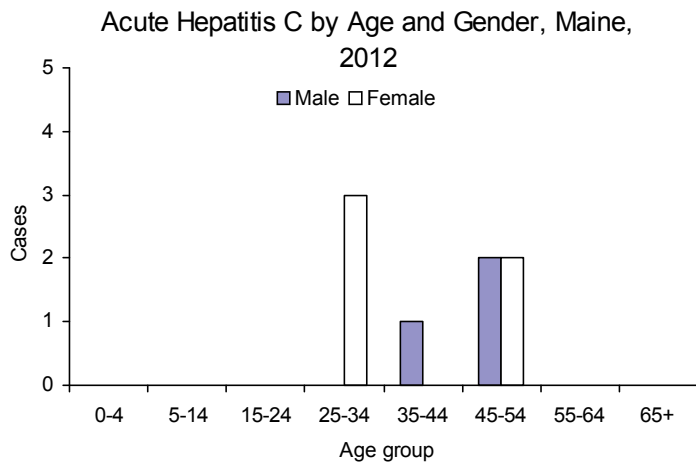
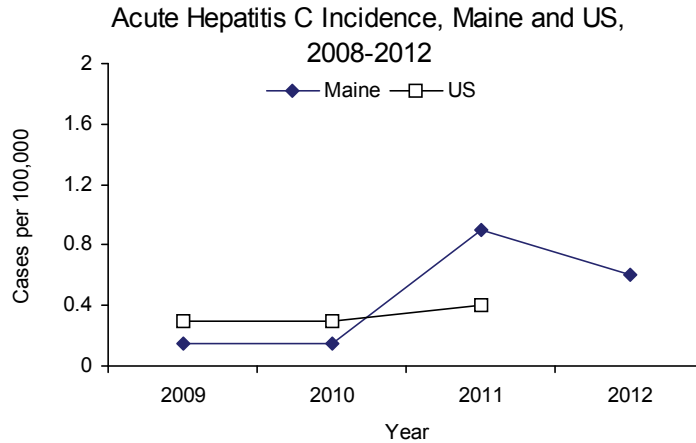
**2012 Case Total**      8  
**Maine Rate**        0.6 per 100,000  
**U.S. rate (2011)**    0.4 per 100,000

Hepatitis C is a liver disease caused by the hepatitis C virus. Acute hepatitis C is a short term illness that occurs within the first 6 months after someone is exposed. Hepatitis C is spread when blood from a person infected with hepatitis C enters the body of someone who is not infected. Many people become infected by sharing needles or other injection drug equipment.

Persons with acute or newly acquired hepatitis C infection are usually asymptomatic or have mild symptoms. Approximately 20–30% of persons with acute infection experience fatigue, abdominal pain, poor appetite, and/or jaundice. The average time period from exposure to symptom onset is 4–12 weeks (range: 2–24 weeks). Other symptoms of acute infection include: fever, dark urine, clay-colored stool, nausea, vomiting, and joint pain.

- 8 cases represent a decrease from 12 cases in 2011
- The 2007-2011 median number of cases per year was 2
- Median age was 44 years
- Age range was 27 to 53 years
- Cases were 62% female and 38% male.

To prevent acute hepatitis C, do not share needles or equipment used to inject drugs. Do not share personal hygiene items. Use licensed tattooists and body piercers. Use condoms to reduce the already low risk of sexual transmission.



## Hepatitis C, past or present infection

**2012 Case Total**     1,216  
**Maine Rate**         91.5 per 100,000  
**U.S. rate (2011)**    N/A

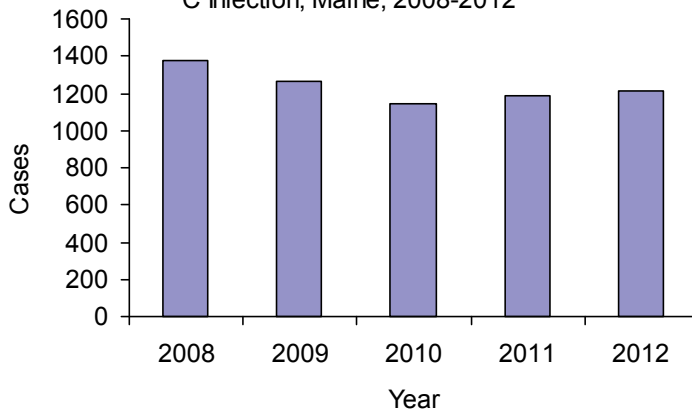
Hepatitis C is a liver disease caused by the hepatitis C virus. Past or present hepatitis C infection is a long-term illness that occurs when hepatitis C virus remains in a person's body. Over time it can lead to serious liver disease. Hepatitis C is spread when blood from a person infected with hepatitis C enters the body of someone who is not infected. Many people become infected by sharing needles or other injection drug equipment.

Most people with hepatitis C infection do not have any symptoms. In many cases, symptoms only appear when liver problems develop. Hepatitis C is often detected during routine blood tests to measure liver function and liver enzyme levels. As of January 1, 2012 Hepatitis C, past or present infection, is reported to U.S. CDC using their case definition.

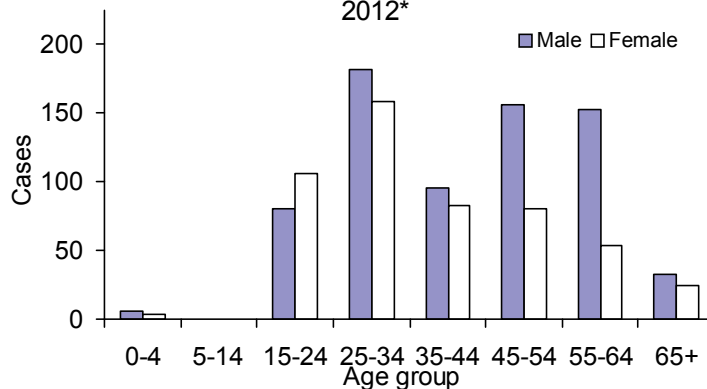
- 1,216 cases represent an increase from 1184 cases in 2011
- Median age was 38 years
- Age range was 4 months to 89 years
- Cases were 42% female and 58% male

People with past or present hepatitis C infection should be monitored regularly by an experienced healthcare provider. They should avoid alcohol and check with a health professional before taking any prescription pills, supplements, or over-the-counter medications, as these can potentially damage the liver. Vaccination against hepatitis A and hepatitis B is also recommended.

Newly Reported Cases of Past or Present Hepatitis C Infection, Maine, 2008-2012



Newly Reported Cases of Past or Present Hepatitis C Infection by Age and Gender, Maine, 2012\*



\*Age missing for one case and gender missing for one case.

Newly Reported Cases of Past or Present Hepatitis C Infection by Month of Report, Maine, 2012

