



## Texas Department of Criminal Justice

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Executive Director

January 8, 2019

This report on HIV and hepatitis prevention education activities carried out by the Texas Department of Criminal Justice (TDCJ) and Correctional Managed Health Care is submitted to the Legislature as required by Section 501.054(h) of the Texas Government Code.

### Policy

TDCJ has implemented Administrative Directive 6.60 and Correctional Managed Health Care Infection Control Manual Policy B-14.11 to govern the management of offenders infected with HIV. These policies address testing and counseling, infection control, treatment, housing, job assignment, confidentiality, and pre-release discharge planning. They are modeled after Texas Department of State Health Services guidelines. In addition, the TDCJ Bloodborne Pathogen Exposure Control Plan, Correctional Managed Health Care Infection Control Manual Policy B-14.27, addresses the risk for and prevention of exposure to these pathogens for employees. Correctional Managed Health Care Infection Control Manual Policy B-14.31 addresses the use and availability of personal protective equipment and spill kits for all staff.

### Education

Each year, the University of Texas Medical Branch Correctional Managed Health Care Clinical Education Department in collaboration with the Texas Department of Criminal Justice Office of Public Health updates educational pamphlets about HIV and hepatitis prevention. The Department of State Health Services (DSHS) is consulted, as needed, to ensure the accuracy of the prevention messages. These pamphlets – which are available in both English and Spanish – are distributed to employees and offenders on a yearly basis. The pamphlets address diagnosis, transmission, prognosis, risk factors, risk reduction, and treatment. The pamphlets are made available for distribution each year. Copies of the pamphlets that were distributed in 2017 and 2018 are attached to this report.

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*Our mission is to provide public safety, promote positive change in offender behavior, reintegrate offenders into society, and assist victims of crime.*

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Each year, facility administrative staff distribute the pamphlets to employees through staff meetings, communication logs, and staff bulletin boards. During the past biennium, at least 56,242 nonmedical and 5,952 medical employees have received HIV/AIDS and hepatitis annual training. Besides having access to the pamphlets, correctional (security) employees receive annual HIV, hepatitis and bloodborne pathogen training updates during in-service training academies. New correctional staff also receive the training at pre-service academy.

TDCJ offenders have a variety of ways to obtain the pamphlets on a daily basis. Facility staff ensure that the pamphlets are posted in the offender day rooms and on bulletin boards. In addition, the pamphlets are available in the medical clinics. At intake, facilities include the pamphlet in the orientation package that is given to offenders arriving on the unit. During the past biennium, facility staff reported at least 270,672 offenders received the training.

In addition, TDCJ, in cooperation with the Texas Department of State Health Services and partnership with AIDS Foundation Houston, AIDS Arms of Dallas and other community based organizations, has implemented an offender peer education program called *Wall Talk* to teach offenders about prevention of HIV, hepatitis and other communicable diseases. The program started in 1999 on 5 prison units, but has grown to include 100 units as of August 31, 2018. In Fiscal Year 2017, 79,402 offenders attended peer education classes and received HIV and hepatitis prevention education, and in Fiscal Year 2018, 90,809 offenders attended peer education classes.

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# Occupational Exposure

Occupational Exposure is defined as a reasonably anticipated skin, eye, mucous membrane, or parenteral contact with blood or other potentially infectious materials that may result from the performance of an employee's duties.

TDCJ-CID and UTMB-CMC personnel may be exposed to blood or infected body fluids by:

- Needle-sticks / sharps injuries when shaking down a cell
- Giving SQ/IM/IV medication or starting an IV
- An injury received during a major use of force
- Exposure to blood or body fluids when administering first aid
- Touching visible blood and then touching a mucous membrane or cut

TDCJ Health Services Division Policy B-14.5 governs the management of exposures to blood-borne pathogens.

After an occupational exposure occurs, the employee should:

- Wash off body fluid and get first aid ASAP.
- Report to the medical department for evaluation of the exposure. Treatment to prevent HIV should be started within a few hours after exposure if it is needed.
- Remove and replace contaminated clothing.
- Report to the supervisor and Infection Control Nurse.
- Obtain a baseline blood test within 10 days after the exposure (for proof of eligibility for Workers Compensation benefits).

# AVOID Potential Exposure

- Wear body substance isolation gear for the anticipated level of exposure (gloves, splash gown, eye/face protection, etc.).
- Cover all non-intact skin with a bandage before coming to work.

- ALWAYS wash hands with soap and water after removing gloves.

# Prevention

Additional steps to avoid infection of HIV and/or hepatitis include:

- Avoid contact with blood or blood products (especially if this is part of your work).
- Avoid sexual contact with an HIV or hepatitis infected person or someone with an unknown health history.
- Wash your hands after going to the bathroom and before handling food.
- Do not share razors, needles, syringes or toothbrushes.
- Do not use recreational IV drugs. Never share needles. Do get help from a drug treatment program.
- Be cautious of non-sterile equipment when getting tattoos or body piercings.
- DO NOT drink alcohol in excess. If you already have hepatitis avoid further liver damage and do not use any alcohol.
- GET TESTED for HIV and/or hepatitis even if you have no symptoms.

## FOR MORE INFORMATION

Contact your physician or  
the Facility Infection  
Control Nurse.

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## 2017 - 2018

# HIV and Hepatitis

## Annual Update

For  
TDCJ-CID and UTMB-CMC  
Employees

Prepared for you by  
The Clinical Education  
Department

# HIV Infection

**AIDS** – acquired immunodeficiency syndrome – is caused by the human immunodeficiency virus (HIV). HIV destroys the body's ability to fight infections and certain cancers by killing or damaging cells of the body's immune system.

HIV is most commonly spread during un-protected sex with an infected partner.

HIV can be spread through contact with infected blood, or sharing items contaminated by infected blood such as razors or toothbrushes, or by needles or syringes used for drug injection. HIV infected mothers can transmit HIV to their babies during pregnancy, birth, or through the breast milk. You may be more likely to get HIV during sex with an infected partner if you have a sexually transmitted disease (STD) such as syphilis, genital herpes, chlamydia, or gonorrhea.

Researchers have found no evidence that HIV is spread by contact with saliva, sweat, tears, urine, or feces.

## HIV Symptoms

Many people have no symptoms when they first become infected with HIV. Some people may experience flu-like symptoms within 1 or 2 months after exposure to the virus. Persistent or severe symptoms may not appear for 10 years or more after HIV first enters the body. Early symptoms may include fever, headache, tiredness, or enlarged lymph nodes (glands which can easily be felt in the neck or groin).

As the virus slowly destroys the immune system, a variety of other complications start to affect the body. Symptoms often experienced months to years before the onset of AIDS include:

- Lack of energy
- Weight loss
- Frequent fevers or sweats
- Persistent / frequent yeast infections
- Persistent skin rashes or flaky skin
- Short-term memory loss

# AIDS

AIDS describes the most advanced stages of the HIV infection. Symptoms of some of the life-threatening diseases common to people with AIDS include:

- Coughing, shortness of breath
- Seizures, lack of coordination
- Difficult or painful swallowing
- Mental symptoms, confusion, forgetfulness
- Severe, persistent diarrhea
- Vision loss
- Nausea, abdominal cramps, vomiting
- Extreme fatigue
- Severe headaches
- Coma

## Hepatitis

### What is hepatitis?

When you injure part of your body, it often turns sore, red, and swollen. This is called "inflammation." Hepatitis is inflammation of the liver. Chemicals such as alcohol can cause hepatitis, but so can viruses. The **three most common hepatitis viruses are A, B, and C**. Hepatitis A is transmitted by contaminated water, food, and poor hand hygiene. Almost everyone recovers completely from hepatitis A. Hepatitis B and C is transmitted by contaminated needles and syringes, unprotected sex, and sharing items with blood on them such as razors and toothbrushes. Hepatitis B and C can cause chronic liver damage called cirrhosis. Both can also lead to liver failure, liver cancer, and death. Even if you have no symptoms when you first get hepatitis B or C, you may still develop liver failure later.

## Hepatitis Symptoms

You may have no symptoms when you first get hepatitis. This is often the case for hepatitis C and sometimes, for hepatitis B. Symptoms may include:

- Tiredness
- Dark urine
- Nausea, vomiting, or stomach pain

- Loss of appetite
- Light-colored stools
- Yellow skin and eyes; this is called jaundice

## Diagnosis

A person who has been exposed to another person's blood should get baseline HIV and hepatitis tests within 10 days after possible exposure to the virus, and then again in 6 weeks to 12 months.

You may not have any symptoms with early HIV infection. A doctor can usually diagnose it by testing a person's blood for the presence of antibodies (disease-fighting proteins) to HIV. HIV anti-bodies do not generally reach detectable levels in the blood for 1 to 3 months after you become infected, and it may take up to 6 months for the antibodies to show up in standard blood antibody tests.

## Treatment

**HIV** During the past 25 years, researchers have developed drugs to fight both HIV infection and its associated infections and cancers, in people who are newly infected with HIV as well as people with AIDS.

**HEPATITIS** Treatment depends on the type of hepatitis infection. Treatment can range from rest and a high protein diet to medication therapy. A doctor will discuss all of the possible treatments of hepatitis with the infected person.

## Prevention

There is no vaccine for HIV. Hepatitis vaccines are available for Hepatitis A and B, and a shot of immunoglobulin may also prevent infection even after you have been exposed. There is no preventive treatment or vaccine for hepatitis C.

In general, to prevent HIV or hepatitis, you should follow good hygiene practices, practice safe sex, and don't share needles or other items that could be contaminated with blood. ***For additional prevention techniques see the back panel of this brochure.***

## What is resistance?

The HIV virus can become resistant – especially if you do not take your medicines every day. This means the medicines you are taking will not work as well. If this happens, you may need to take different medicines.

## What else should I do if I have HIV?

Besides taking your medicines daily, you should...

- Keep all appointments with your medical provider.
- Have your blood tests done.
- Brush your teeth twice a day and floss at least once.
- Be honest and open
- Stay educated and aware of your diagnosis
- Get vaccinated every year for flu. Talk to your medical provider to make sure you are immune to the following:
  - hepatitis A
  - hepatitis B
  - pneumococcal disease

### **FOR MORE INFORMATION**

Contact a member of  
your facility health care  
provider team.



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# 2017-2018

# HIV

# Annual Update

## For TDCJ-CID Offenders

*Prepared for you by*  
**The Clinical Education Department**

# HIV / AIDS

## What is HIV/AIDS?

HIV – Human Immunodeficiency Virus – is a virus that destroys your immune system. Your immune system has white blood cells called CD4 cells. HIV attacks and kills CD4 cells. You want your CD4 count to be high. A healthy CD4 count should be somewhere between 500 and 1200 cells.

AIDS - Acquired Immunodeficiency Syndrome – is a disease that occurs when you don't have enough CD4 cells. The CD4 count will be less than 200 cells. When this happens, it is easy for you to get serious infections and some types of cancer. You may even die.

## What are the symptoms of HIV/AIDS?

You may have no symptoms when you first get HIV or you may have flu-like symptoms during the first few months after you get exposed. It can take 10 or more years for you to get serious symptoms after HIV first enters your body. Symptoms may include:

- Fever
- Headache
- Tiredness
- Enlarged lymph glands in the neck and groin
- Rash, Joint Pain or Night Sweats

Symptoms of AIDS include:

- Extreme tiredness
- Coughing or shortness of breath
- Difficult or painful swallowing
- Nausea, vomiting, or cramps
- Severe long lasting diarrhea
- Severe headaches
- Mental symptoms, confusion, or forgetfulness
- Seizures or lack of coordination
- Blurred or Vision loss
- Unexplained Weight Loss

## Can I get HIV?

When someone has an HIV infection, the virus can be in their blood and semen or vaginal secretions. Anyone can get HIV. You can get HIV by...

- Having anal, vaginal, or oral sex with someone with HIV. The virus can enter your body through tiny cuts or sores in your skin. It can also enter through the lining of your vagina, penis, rectum, or mouth. Always using condoms reduces your chance of getting HIV.
- Injecting drugs with needles, syringes, or other equipment used by someone with HIV.
- Being born to a mother with HIV or being breastfed by a mother with HIV.
- Sharing items that have tiny amounts of blood on them from someone with HIV. Such items include razors, tattoo needles, and toothbrushes.

Before 1985, some people got HIV by receiving a blood transfusion or clotting factor. Now blood donations are checked.

Some STDs (sexually transmitted diseases) make it easier for you to get HIV during sex with an infected partner. These include trichomoniasis, syphilis, genital herpes, Chlamydia, and gonorrhea.

## You cannot get HIV...

- By being around or working with someone with HIV. ie Hand Shaking or Hugging
- From sweat, tears, saliva, urine, feces, drinking fountains, or toilet seats.
- From insect bites or stings.

## What can I do to avoid and reduce my risk of infection?

No matter where you are

- Avoid contact with blood and body fluids.
- Don't use recreational drugs. Never share needles. Do get help from a drug treatment program.
- Don't share nail clippers, razors, needles, toothbrushes, or other items that could have blood on them.

While you are in prison

- Don't have sex.
- Don't get tattoos.

When you are in the free world

- Don't have multiple sex partners. Do make sure your partners don't have HIV. Do always use

condoms. It's healthiest to have just one monogamous partner.

- Make sure any tattoo parlor you use is licensed by the health department.

## How do I know if I have HIV?

You might have HIV and still feel healthy. **The only way to know for sure is to be tested.**

Talk to your medical provider about getting a confidential HIV test. This means the test results can be shared only with people you have authorized to see your medical records.

When your immune system is faced with virus like HIV, it tries to protect you by making something called an antibody. Antibodies are in your blood. That is why you can have a blood test to see if you have been exposed to HIV. However it takes a while for your immune system to make antibodies. After being exposed, some people have enough antibodies to detect on a test in 4 to 6 weeks. Other people take close to 12 weeks to have enough antibodies to detect on a test. Sometimes it can take as long as 6 months.

**Get tested for HIV 6 to 12 weeks after exposure.**

## Can I get treated for HIV?

If treatment is started before the CD4 cells get too low, people who have HIV infection can live as long as people without HIV. Talk to a medical provider about when you should start taking medicine. You will usually need to take 3 different medicines together to treat HIV. Some medications are combined together into one pill to make it easier to take. Once you start taking medicine, you must keep taking it daily. There is no vaccine for HIV.

## What are the goals of treatment?

Treatment is important to...

- Keep your immune system healthy.
- Prevent infections and cancers.
- Lower the amount of HIV in your body to "undetectable" levels.
- Increase your CD4 count.



## ¿Puedo ser tratado por VIH?

Si el tratamiento es comenzado antes de que las células CD4 bajen demasiado, gente quien tiene infección de VIH puede vivir tanto como gente sin VIH. Hable con un proveedor médico acerca de cuándo usted debe empezar a tomar medicina. Usted generalmente necesitará tomar 3 medicinas diferentes juntas para tratar el VIH. Algunos medicamentos se combinan juntos en una píldora para que sea más fácil de tomar. Una vez que usted comienza a tomar la medicina, usted debe seguir tomándola diariamente. No hay vacuna contra el VIH.

## ¿Cuáles son las metas del tratamiento?

El tratamiento es importante para...

- Mantener su sistema inmune saludable.
- Prevenir infecciones y cánceres.
- Bajar la cantidad de VIH en su cuerpo a niveles "indetectables".
- Aumentar su cuenta de CD4

## ¿Qué es resistencia?

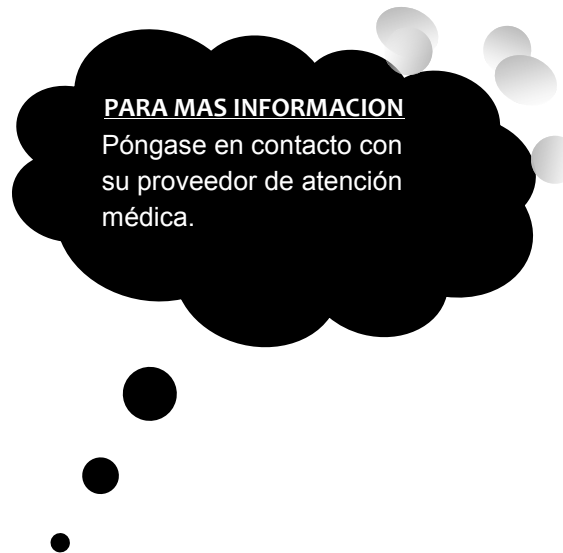
El virus VIH puede convertirse resistente - especialmente si usted no toma sus medicinas cada día. Esto significa que las medicinas que usted está tomando no trabajan tan bien. Si esto sucede, usted puede necesitar tomar medicinas diferentes.

## ¿Qué más debo hacer si yo tengo VIH?

Además de tomar sus medicinas diariamente, usted debe...

- Asistir a todas las citas con su proveedor médico.
- Hacerse sus exámenes de sangre.
- Cepillar sus dientes dos veces al día y usar hilo dental por lo menos una vez al día.

- Ser honesto y sincero.
- Mantenerse educado e informado de su diagnóstico.
- Vacunarse cada año contra la gripe. Hablar con su proveedor médico para asegurarse que usted es inmune a lo siguiente:
  - hepatitis A
  - hepatitis B
  - enfermedad neumocócica



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**2017 – 2018**

**VIH**

# Información Anual

**Para Ofensores  
de TDCJ-CID**

*Preparado para usted por*  
**El Departamento de Educación Clínica**

# VIH / SIDA

## ¿Qué es VIH/SIDA?

VIH - Virus de Inmunodeficiencia Humana - es un virus que destruye su sistema inmune. Su sistema inmune tiene células blancas de sangre llamadas células CD4. El VIH ataca y mata las células CD4. Usted requiere que su cuenta de CD4 sea alta. Una cuenta saludable de CD4 debe estar en algún lugar entre 500 y 1200 células.

SIDA - Síndrome de Inmunodeficiencia Adquirido - es una enfermedad que ocurre cuando usted no tiene suficientes células CD4. La cuenta de CD4 será menos de 200 células. Cuando esto sucede, es fácil para usted obtener serias infecciones y algunos tipos del cáncer. Usted aún puede morir.

## ¿Cuáles son los síntomas de VIH/SIDA?

Usted puede no tener síntomas cuando usted recién adquiere VIH o puede que usted tenga síntomas semejantes a los de gripe durante los primeros pocos meses después de que usted es expuesto. Puede tomar diez o más años para que usted obtenga síntomas serios después de que el VIH entra en su cuerpo. Los síntomas pueden incluir:

- Fiebre
- Dolor de cabeza
- Cansancio
- Engrandecimiento de ganglios linfáticos en el cuello y la ingle
- Erupción, dolor en las articulaciones o sudar durante la noche

Los síntomas de SIDA incluyen:

- Cansancio Extremo
- Tos o respiración corta
- Dificultad o dolor al tragar
- Náusea, vómito, o calambres
- Diarrea severa con larga duración
- Dolores fuertes de cabeza
- Síntomas mentales, confusión o falta de memoria
- Ataques o falta de coordinación
- Pérdida de la visión o borrosa
- Inexplicable pérdida de peso

## ¿Puedo adquirir VIH?

Cuando alguien tiene una infección de VIH, el virus puede estar en su sangre y secreciones de semen o vaginal. Cualquiera puede adquirir VIH. Usted puede adquirir VIH mediante...

- Teniendo sexo anal, vaginal u oral con alguien que tiene VIH. El virus puede entrar a su cuerpo a través de cortadas pequeñas o heridas en su piel. Puede también entrar a través del tejido de su vagina, pene, recto o boca. Usando siempre condones reduce su riesgo de adquirir VIH.
- Inyectando drogas con agujas, jeringas, o con otro equipo usado por alguien con VIH.
- Haber nacido de una madre con VIH o ser amamantado por una madre con VIH.
- Compartiendo artículos que tienen pequeñas cantidades de sangre en ellos de alguien con VIH. Tales artículos incluyen rastrillos, agujas de tatuaje y cepillos de dientes.

Antes de 1985, alguna gente adquirió VIH recibiendo una transfusión de sangre o factor de coagulación. Actualmente las donaciones de sangre son verificadas.

Algunas enfermedades transmitidas sexualmente (STD) hacen más fácil que usted adquiera VIH durante sexo con una pareja infectada. Estas incluyen trichomoniasis, sífilis, herpes genital, chlamydia y gonorrea.

## Usted no puede adquirir VIH...

- Por estar alrededor o trabajar con alguien con VIH.
- Por saludo de manos o abrazo.
- Del sudor, lágrimas, saliva, orina, excremento, tomando de fuentes de agua, o asientos de sanitario.
- De mordeduras o picaduras de insecto.

## ¿Qué puedo hacer para evitar y reducir mi riesgo de infección?

Sin importar dónde está usted

- Evite el contacto con sangre y líquidos del cuerpo.

- No use drogas recreacionales. Nunca comparta agujas. Obtenga ayuda de un programa de tratamiento de droga.
- No comparta cortaúñas, rastrillos, agujas, cepillos de dientes, ni otros artículos que puedan tener sangre en ellos.

Mientras usted está en prisión

- No tenga sexo.
- No se haga tatuajes.

Cuando usted está en el mundo libre

- No tenga múltiples parejas de sexo. Cerciórese de que sus parejas no tienen VIH. Siempre use condones. Es más saludable tener solo una pareja monógama.
- Cerciórese de que el salón de tatuaje que usted usa está licenciado por el departamento de salud.

## ¿Cómo sé si yo tengo VIH?

Usted puede tener VIH y todavía sentirse saludable. **La única manera de saber con seguridad es tomar el examen.**

Hable con su proveedor médico acerca de obtener una prueba confidencial de VIH. Esto significa que los resultados de la prueba pueden ser revelados solamente a personas que usted ha autorizado para ver sus registros médicos.

Cuando su sistema inmune se enfrenta con un virus como el VIH, él trata de protegerlo por medio de haciendo algo llamado un anticuerpo. Los anticuerpos están en su sangre. Esta es la razón del porqué usted puede tener una prueba de sangre para ver si usted ha sido expuesto a VIH. Sin embargo toma un tiempo para que su sistema inmune haga anticuerpos. Después de ser expuesto, algunas personas tienen suficientes anticuerpos para detectarse en una prueba de 4 a 6 semanas. Para otras personas toma cerca de 12 semanas tener suficientes anticuerpos para ser detectados en una prueba. Algunas veces puede tomar tan largo como 6 meses. Obtenga un examen por VIH de 6 a 12 semanas después de ser expuesto.



## What else should I do if I have hepatitis B or hepatitis C?

You should:

- Keep all appointments with your medical provider
- Have your blood tests done
- Take your medicines daily
- Don't drink alcohol
- Don't eat raw oysters; you may get sick from a serious bacteria
- Talk to your medical provider to make sure you are immune to other types of hepatitis



**FOR MORE INFORMATION**

Contact a member of  
your facility health care  
provider team.



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**2017 – 2018**

# Hepatitis

## Annual Update

**For  
TDCJ-CID Offenders**

*Prepared for you by  
The Clinical Education Department*

# Hepatitis

## What is hepatitis?

When you injure part of your body, it often turns sore, red, and swollen. This is called “inflammation.” Hepatitis is inflammation of the liver. Chemicals such as alcohol can cause hepatitis, but so can viruses. The three most common hepatitis viruses are A, B, and C. The most common is Hepatitis A and almost everyone recovers completely from hepatitis A. Hepatitis A is transmitted by contaminated water, food, and poor hand hygiene. Hepatitis B and C can cause chronic liver damage called cirrhosis. Both can also lead to liver failure, liver cancer, and death. Even if you have no symptoms when you first get hepatitis B or C, you may still develop liver failure later.

## What are the symptoms of hepatitis B and C?

You may have no symptoms when you first get hepatitis. This is often the case for hepatitis C and sometimes, for hepatitis B. Symptoms may include:

- Tiredness
- Dark urine
- Nausea, vomiting, or stomach pain
- Loss of appetite
- Light-colored stools
- Yellow skin and eyes; this is called jaundice
- Body Aches
- Flu Like Symptoms
- Rash

## Can I get hepatitis B or C?

Anyone can get hepatitis. You can get hepatitis by...

- Injecting drugs with needles, syringes, or other equipment used by someone with hepatitis.
- Having anal, vaginal, or oral sex with someone with hepatitis. Always using condoms reduces your chance of getting hepatitis.
- Being born to a mother with either hepatitis B or hepatitis C.

- Sharing items that have tiny amounts of blood on them from someone with hepatitis. Such items include razors, tattoo needles, and toothbrushes.
- Contaminated Blood transfusions

Before 1987, some people got hepatitis C from clotting factor for hemophilia. Now clotting factor is checked for hepatitis. Before July 1992, some people got hepatitis C from blood transfusions or organ transplants. Now blood donations and organs for transplant are checked for hepatitis.

Some STDs (sexually transmitted diseases) like syphilis make it easier for you to get hepatitis during sex with an infected partner.

## You cannot get hepatitis B or C...

- By casual contact with someone with hepatitis.
- From sweat, tears, urine, feces, drinking fountains, or toilet seats.
- From insect bites or stings.

## Chronic Conditions Linked to hepatitis

- Liver Cirrhosis
- Liver Cancer
- Chronic Jaundice

## What can I do to avoid and reduce my risk of infection?

No matter where you are

- Do get the hepatitis B vaccine.
- Avoid contact with blood and body fluids
- Don't use recreational drugs. Never share needles. Do get help from a drug treatment program.
- Don't drink alcohol in excess. If you already have hepatitis, don't drink any alcohol.
- Don't share nail clippers, razors, needles, toothbrushes, or other items that could have blood on them.
- If you already have hepatitis B or C, talk to your medical provider about getting the hepatitis A vaccine.

While you are in prison

- Don't have sex
- Don't get tattoos

When you are in the free world

- Don't have multiple sex partners. Do make sure your partners don't have hepatitis. Do **always** use condoms. It's healthiest to have just one monogamous partner
- Make sure any tattoo parlor you use is licensed by the health department

## How do I know if I have hepatitis B or hepatitis C?

You might have hepatitis and still feel healthy. **The only way to know for sure is to be tested.** When your immune system is faced with virus, it tries to protect you by making something called an antibody. Your immune system makes antibodies to hepatitis B and hepatitis C. Antibodies are in your blood. That is why you can have a blood test to see if you have been exposed to any of these viruses. However, it can take some time for your immune system to make antibodies. After being exposed, some people have enough antibodies to detect on a test in 4 to 6 weeks. Other people take close to 3 months to have enough antibodies to detect on a test. Occasionally, it can take as long as 6 months.

**Get tested for hepatitis B and C at least once if you have any risk factors; get retested if you continue to have risk factors.**

## Can I get treated for hepatitis B or hepatitis C?

Hepatitis may be treated if it becomes chronic. Chronic hepatitis is treated with drugs that slow or stop the virus from damaging the liver, but not everyone needs treatment. Talk to a medical provider about whether you need to take medicine. There is a vaccine for hepatitis B, but there is not one for hepatitis C.

## What are the goals of treatment?

Treatment is important to...

- Keep your liver healthy
- Prevent liver failure and cancer

## ¿Qué más debo hacer si yo tengo hepatitis B o hepatitis C?

Usted debe

- Asistir a todas las citas con su proveedor médico
- Hacerse sus exámenes de sangre
- Tomar sus medicinas diariamente
- No tomar alcohol
- No comer ostras crudas; usted puede enfermarse de una bacteria grave
- Hablar con su proveedor médico para asegurarse que usted es inmune a otros tipos de hepatitis.

### PARA MAS INFORMACION

Póngase en contacto con su proveedor de atención médica.

**2017 – 2018**

# Hepatitis

## Información Anual

**Para  
Ofensores de TDCJ-CID**

*Preparado para usted por*  
**El Departamento de Educación Clínica**

# Hepatitis

## ¿Qué es hepatitis?

Cuándo usted lesiona parte de su cuerpo, por lo general le duele, enrojece y se hincha. Esto se llama "inflamación." Hepatitis es la inflamación del hígado. Químicos como el alcohol pueden causar hepatitis, pero así también pueden los virus. Los tres virus más comunes de hepatitis son A, B, y C. Casi cualquiera se recupera completamente de hepatitis A. La hepatitis A es transmitida por agua contaminada, comida contaminada, e higiene de mano pobre. Hepatitis B y C pueden causar daño crónico del hígado llamado cirrosis. Ambos también pueden llevar a insuficiencia renal-falla del hígado, cáncer de hígado y a la muerte. Aún si usted no tiene síntomas cuando usted recién adquiere hepatitis B o C, usted todavía puede desarrollar insuficiencia renal más tarde.

## ¿Cuáles son los síntomas de hepatitis B y C?

Usted puede no tener síntomas cuando usted recién adquiere hepatitis. Este es a menudo el caso de hepatitis C y algunas veces, de hepatitis B. Síntomas pueden incluir:

- Cansancio
- Orina oscura
- Náusea, vómito o dolor de estómago
- Pérdida de apetito
- Excremento pálido
- Piel y ojos amarillos; esto es llamado ictericia

## ¿Puedo adquirir hepatitis B o C?

Cualquiera puede adquirir hepatitis. Usted puede adquirir hepatitis mediante...

- Inyectándose drogas con agujas, jeringas u otro equipo usado por alguien con hepatitis.
- Teniendo sexo anal, vaginal u oral con alguien que tiene hepatitis. Usando siempre condones reduce su riesgo de adquirir hepatitis.
- Haber nacido de una madre con hepatitis B o hepatitis C.
- Compartiendo artículos que tienen pequeñas cantidades de sangre en ellos de alguien con

hepatitis. Tales artículos incluyen rastrillos, agujas de tatuaje y los cepillos de dientes.

Antes de 1987, alguna gente adquirió hepatitis C del factor de coagulación por hemofilia. Actualmente el factor es verificado por hepatitis. Antes de Julio 1992, alguna gente adquirió hepatitis C por medio de transfusiones de sangre y por trasplante de órganos. Actualmente donaciones de sangre y trasplante de órganos son verificados por hepatitis.

Algunas enfermedades transmitidas sexualmente (STD) como sífilis hacen más fácil que usted adquiera hepatitis durante sexo con una pareja infectada.

## Usted no puede adquirir hepatitis B o C...

- Por contacto casual con alguien con hepatitis.
- Del sudor, lágrimas, orina, excremento, tomando de fuentes de agua o asientos de sanitario.
- De mordeduras o picaduras de insecto.

## ¿Qué puedo hacer para evitar y reducir mi riesgo de infección?

Sin importar dónde está usted

- Aplíquese la vacuna de hepatitis B.
- Evite contacto con sangre y líquidos de cuerpo.
- No use drogas recreacionales. Nunca comparta agujas. Obtenga ayuda de un programa de tratamiento de droga.
- No beba alcohol en exceso. Si usted tiene ya hepatitis, no beba nada de alcohol.
- No comparta cortaúñas, rastrillos, agujas, cepillos de dientes, ni otros artículos que puedan tener sangre en ellos.
- Si usted ya tiene hepatitis B o C, hable con su proveedor médico acerca de aplicarse la vacuna de hepatitis A.

Mientras usted está en prisión

- no tenga sexo
- No se haga tatuajes

Cuándo usted está en el mundo libre

- No tenga múltiples parejas de sexo. Cerciórese de que sus parejas no tienen hepatitis. **Siempre** use condones. Es más saludable tener solo una pareja monógama.
- Cerciórese de que el salón de tatuaje que usted usa

está licenciado por el departamento de salud

## ¿Cómo sé si yo tengo hepatitis B o hepatitis C?

Usted puede tener hepatitis y todavía sentirse saludable. **La única manera de saber con seguridad es ser examinado.** Cuándo su sistema inmune se enfrenta con un virus, él trata de protegerlo por medio de haciendo algo llamado un anticuerpo. Su sistema inmune hace anticuerpos contra hepatitis B y hepatitis C. Los anticuerpos están en su sangre. Eso es porqué usted puede tener una prueba de sangre para ver si usted ha sido expuesto a cualquiera de éstos virus. Sin embargo, puede tomar algún tiempo para que su sistema inmune haga anticuerpos. Después de ser expuesto, algunas personas tienen suficientes anticuerpos para detectarse en una prueba de 4 a 6 semanas. Para otras personas toma cerca de 3 meses para tener suficientes anticuerpos para ser detectados en una prueba. Ocasionalmente, puede tomar tan largo como 6 meses.

**Hágase examinar por hepatitis B y C por lo menos una vez si usted tiene cualquier factor de riesgo; hágase otra prueba si usted continúa teniendo factores del riesgo.**

## ¿Cómo puedo ser tratado por hepatitis B o hepatitis C?

Hepatitis puede ser tratada si se convierte crónica. Hepatitis crónica es tratada con drogas que hacen lento o detienen al virus de dañar el hígado, pero no todos necesitan tratamiento. Hable con un proveedor médico acerca de si usted necesita tomar medicina. Hay una vacuna para hepatitis B, pero no hay una para hepatitis C.

## ¿Cuáles son las metas del tratamiento?

El tratamiento es importante para...

- Mantener su hígado saludable
- Prevenir insuficiencia renal y cáncer