

Go out and see the world.

Just protect yourself before you leave.



Help protect yourself against **hepatitis A** and **hepatitis B**, two serious viral diseases you may be at risk for when traveling outside the US.

What are the symptoms of hepatitis A and/or hepatitis B?

If you become infected with hepatitis A and/or hepatitis B, you may experience the following symptoms:

- Hepatitis A: fever, nausea, abdominal (belly) discomfort, dark urine, and jaundice¹
- Hepatitis B: About 50% of adults who are infected with hepatitis B have no symptoms; however, if symptoms occur, they can include: nausea, vomiting, pain on the right of belly, fever, headache, skin rashes, arthritis, arthralgia (joint pain), and dark urine. If left untreated, hepatitis B can also cause very serious health problems, such as cirrhosis of the liver and liver failure¹

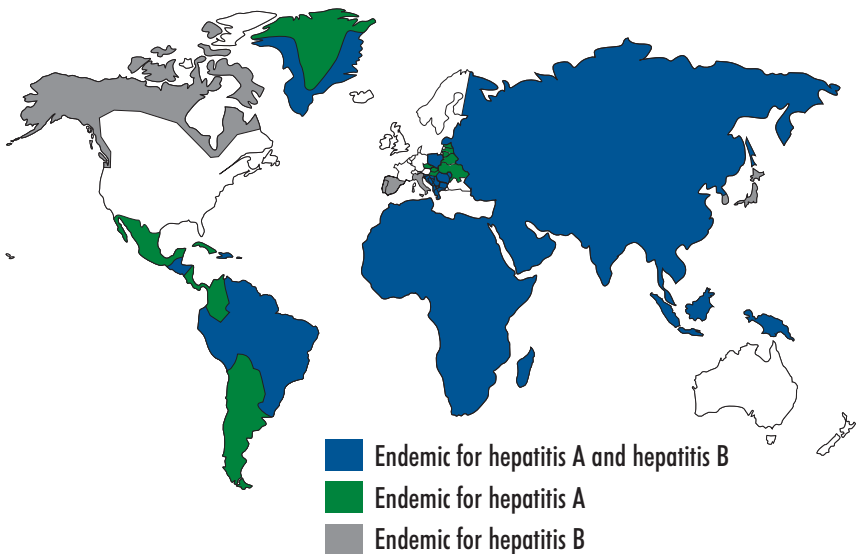


You could be one of the millions of international US travelers at risk for **hepatitis A and/or hepatitis B**²⁻⁴

When you book your trip, f visiting is an at-risk area for

Q: WHERE WILL I BE AT RISK FOR HEPATITIS A AND/OR HEPATITIS B?

A: As you can see, hepatitis A and hepatitis B are literally all over the map. There are many areas outside of the US where you could be at risk for either disease. Many countries are at-risk areas for both.^{3,4}



Endemic areas for hepatitis A and/or hepatitis B^{3,4}:

- Africa
- Asia
- The Caribbean
- Eastern Europe
- Greenland
- Mexico and Central America
- The Middle East
- North America (Canada and Alaska)
- South America
- South and Western Pacific Islands

To learn more about travel-related diseases, visit the CDC web site at <http://www.cdc.gov/travel>.

Find out if the country you're hepatitis A and/or hepatitis B

Q: HOW CAN I AVOID GETTING HEPATITIS A AND/OR HEPATITIS B?

A: One of the most effective ways to protect against hepatitis A and/or hepatitis B is to get vaccinated.^{3,4} If you are visiting an area at risk for hepatitis A and/or hepatitis B, talk to your doctor about getting vaccinated.

Q: BESIDES GETTING VACCINATED, WHAT ELSE CAN I DO TO PROTECT MYSELF?

A: These preventive steps may help protect you against hepatitis A and hepatitis B when traveling outside the US³⁻⁵:

HEPATITIS A

- Drink only bottled water
- Do not add ice cubes to beverages
- Avoid eating unpeeled/raw fruits and salads
- Avoid eating shellfish and raw fish (sushi) caught in contaminated waters
- Do not swim in water that might be contaminated (if possible, check with local authorities or health officials)

HEPATITIS B

- Practice safe sex if you have sexual contact with a local person
- Avoid activities that puncture the skin (tattooing or body piercing) and do not share personal items (toothbrushes and razors) with an infected person
- Minimize your risk for accidents by not traveling on scooters or motorcycles
- Avoid extreme activities that might cause injury

Q: HOW CAN I CATCH HEPATITIS A AND/OR HEPATITIS B?

A: Hepatitis A and hepatitis B are infections caused by viruses. There are many ways to contract hepatitis A and/or hepatitis B, especially while traveling.

Hepatitis A can be contracted by eating food or drinking water contaminated with the virus, swimming in contaminated water, or by close, personal contact—including sexual contact—with an infected person.¹

Hepatitis B is a blood-borne disease that can be transmitted through exposure to virus-containing blood or body fluids, sexual contact with an infected person, blood transfusion with tainted blood, and tattooing or body piercing with a contaminated needle.¹

The Centers for Disease Control and Prevention (CDC) issue vaccination guidance for people who plan to travel or work in countries in which hepatitis A and/or B are widespread^{3,4}



Vaccination could be your best protection...

Talk to your doctor before traveling

- Find out if the country you are visiting is a risk area for hepatitis A and/or hepatitis B
- If you are planning a visit to an at-risk area, talk to your doctor about getting vaccinated

To learn more about travel-related diseases, visit the CDC Web site at <http://www.cdc.gov/travel>.

References: **1.** Centers for Disease Control and Prevention. *Epidemiology and Prevention of Vaccine-Preventable Diseases*. Atkinson WL, Hamborsky J, McIntyre L, Wolfe S, eds. 10th edition. Washington, DC: Public Health Foundation; 2007:197–234. **2.** ITA Office of Travel and Tourism Industries. *U.S. Resident Travel Abroad Historical Visitation-Outbound 1994-2004* (One or More nights). Available at: <http://tinet.ita.doc.gov/view/f-2004-11-001/index.html>. Accessed June 26, 2007. **3.** Centers for Disease Control and Prevention. Chapter 4—Prevention of specific infectious diseases: hepatitis A (from the on-line *Yellow Book*). Available at: www.cdc.gov/travel/yb/index.htm. Accessed June 26, 2007. **4.** Centers for Disease Control and Prevention. Chapter 4—Prevention of specific infectious diseases: hepatitis B (from the on-line *Yellow Book*). Available at: www.cdc.gov/travel/yb/index.htm. Accessed June 26, 2007. **5.** Centers for Disease Control and Prevention. *Traveling this summer? Here are tips for safe and healthy travel....* Available at: <http://www.cdc.gov/travel/other/traveltips.htm>. Accessed June 26, 2007.



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