

## Appendix D: Hepatitis D (HDV) Fact Sheet

### What is hepatitis D?

Hepatitis D is a serious disease of the liver caused by the hepatitis D virus. You must already be infected with the hepatitis B virus to become infected with hepatitis D (please refer to Quick Facts about [Hepatitis B](#)). You may recover from an acute case of hepatitis D, or you may develop chronic hepatitis D. Chronic hepatitis D can lead to liver failure or cirrhosis.

### How is hepatitis D spread?

Hepatitis D can only occur along with hepatitis B infection. These viruses are spread when blood or certain body fluids, such as semen and vaginal secretions, from an infected person enter the body of a non-infected person. Some examples include:

- Having unprotected sex
- Sharing needles or “works” used to inject drugs
- Sharing personal care items, such as toothbrushes or razors
- Being born to an infected mother

An infected person with no symptoms can still spread hepatitis D to others.

### Who is at risk for hepatitis D?

Your risk for hepatitis D is higher if you:

- Have hepatitis B
- Are an injection drug user
- Have unprotected sex with an infected person
- Are a man who has sex with men
- Are a hemodialysis patient
- Are a health care or public safety worker
- Are born to an infected mother
- Immigrated from southern Italy, eastern Europe, South America, Africa, or the Middle East

### How will I know if I have hepatitis D?

See your health care provider. Blood tests will determine if you are infected with hepatitis D.

### What are the symptoms of hepatitis D?

Symptoms may include:

- Yellowing of the eyes or skin (jaundice)
- Tiredness
- Lack of appetite
- Nausea and vomiting
- Abdominal pain
- Dark urine
- Joint pain
- Fever

### **How is hepatitis D treated?**

See your health care provider. Supportive care is the treatment for acute hepatitis D. Chronic hepatitis D treatment includes interferon-alfa and, possibly for severe infection, liver transplant.

### **How is hepatitis D prevented?**

A safe and effective vaccine can prevent hepatitis B infection. See your health care provider.

Other ways to help prevent hepatitis D infection include:

- Keep all cuts or open skin wounds covered with a bandage.
- Do not share any blood-testing devices, needles, or other injection drug equipment.
- If you are infected, do not donate blood, organs, semen, or tissue.
- Do not share toothbrushes, razors, or other personal care items.
- Inform all of your health care providers that you are infected with hepatitis D.
- Inform your sex partners that you are infected with hepatitis D and they should be tested.
- Ensure that anyone living in your household receives hepatitis B vaccination.

**Last Updated: April 17, 2007**



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Department of Health