Public Service Announcement

World Hepatitis Day 2025

Start Date: July 24, 2025
End Date: July 28, 2025
Nunavut-wide **120 sec**

World Hepatitis Day is held this year on Monday, July 28. This year's theme, *"Hepatitis: Let's Break It Down",* emphasizes the need to dismantle financial, social and systemic barriers, including stigma, that hinder hepatitis elimination and liver cancer prevention.

This global initiative aims to raise awareness about viral hepatitis, promote prevention, encourage testing, and develop strategies to combat hepatitis. Also, to find the millions of people living with the viral disease who are unaware of their status, expand access to care, and integrate services to eliminate hepatitis as a public health threat by 2030.

The Department of Health encourages Nunavummiut to get tested, treated and vaccinated to save lives, reduce new infections and improve the well-being of their community.

Hepatitis causes inflammation of the liver, and if left untreated, destroys healthy liver cells. Symptoms of hepatitis often go unnoticed but may include:

- Nausea, and/or vomiting.
- Decreased appetite.
- Jaundice (yellowing of the skin and eyes).
- Rash, and/or itching.
- Dark-colored urine.
- Flu-like symptoms like fatigue or fever.

In Canada, the three most common types of viral hepatitis are A, B, and C. Hepatitis B immunization is offered at birth, one and nine months to all Nunavummiut and Hepatitis A immunization is recommended when travelling to certain countries. There is no vaccine for hepatitis C.

Hepatitis A spreads through contaminated food, water, or contact with infected feces. Prevent infection by washing hands after using the washroom, changing diapers, and before preparing or eating food, and by following safe food practices.

Hepatitis B and C can be passed through:

- Unprotected oral, anal or vaginal sex.
- Shared drug equipment such as needles or syringes.
- Unsterilized tattoo or body piercing equipment.
- Blood-to-blood contact.
- Sharing a household.
- Pregnant individual to baby during childbirth.

You can prevent the spread of hepatitis and other sexually transmitted infections (STIs) by:

- Using condoms or barriers. Condoms, dental dams, and lubricants are free at health centres and other community locations in Nunavut.
- Getting tested regularly for STIs before having sex with a new partner(s). Get tested if you or your partner(s) have sex with someone other than each other. Get tested even if you have used condoms.

Visit your local health centre for testing and vaccinations. For more information on sexual health, speak to your local health provider or visit the I Respect Myself website.

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Media Contact:

Charmaine Deogracias
Manager of Communications
Department of Health
867-975-5712
cdeogracias@gov.nu.ca

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