

Public Service Announcement

World Hepatitis Day 2026

Start Date: July 24, 2026

End Date: July 28, 2026

Nunavut-wide

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July 28, 2026, is World Hepatitis Day. Nunavummiut are encouraged to review their immunization status and get vaccinated to prevent hepatitis B.

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

- Fatigue.
- Decreased appetite.
- Yellowing of the skin and eyes.
- A rash.
- Dark-colored urine.
- Flu-like symptoms.

There are different types of hepatitis. Alcohol-induced or drug-induced hepatitis can happen when there is an over consumption of these substances.

Hepatitis B and C are different viruses, and can be passed on in a similar manner through:

- Unprotected oral, anal, or vaginal sex.
- Shared drug equipment.
- Unsterilized tattoo or body piercing equipment.
- Blood-to-blood contact.
- Shared household objects such as razor blades and toothbrushes.
- During childbirth.

You can protect yourself from hepatitis B by using a barrier method (internal/external condoms and dental dams) during sexual contact, along with regularly getting tested for

