

## Annex 6.

Dear parent!

I would like your consent for the vaccination of your child (first name and surname) \_\_\_\_\_ against **hepatitis B**.

The vaccination course consists of three injections: the first and second injection are given at a one-month interval, and the third injection is given six months after the first injection.

The child is given one injection in the upper arm area. Post-vaccination side effects may rarely include fever, headache, muscle pain, malaise and very rarely hives. The aforementioned symptoms usually resolve within two to three days.

General information about hepatitis B can be found on the next page.

If you have any questions, please call \_\_\_\_\_, Mon-Fri at \_\_\_\_\_

or send an email to \_\_\_\_\_

School nurse \_\_\_\_\_

Parent \_\_\_\_\_  
(first name and surname)

I agree: \_\_\_\_\_  
(date, signature)

### **What is hepatitis B?**

Hepatitis B is an inflammation of the liver caused by the hepatitis B virus (HBV).

### **How does a person get infected with Hepatitis B?**

Hepatitis B is highly contagious – 100 times more so than HIV. The virus is spread:

- 1) through blood transfusion, drug injection with shared needles, tattooing, piercing, puncture wounds, microtrauma from the use of blood-contaminated household items (toothbrushes, razors);
- 2) from mother to newborn; and
- 3) sexually.

Transmission from mother to newborn is frequent in cases where the pregnant woman contracted hepatitis B in the second/third trimester of pregnancy and up to two months after delivery. Sexual transmission from an infected man to a woman is three times more likely than transmission from an infected woman to a man.

### **What are the symptoms of hepatitis B?**

An important feature of hepatitis B is that the course of the disease may be asymptomatic. The clinical picture depends on the patient's age, immune status and the stage at which the disease is detected. Nearly a third of adults are asymptomatic, after which there is a high risk of becoming a chronic carrier of the virus. The incubation period of hepatitis B may last 30–180 days, with an average period of 60–90 days.

There are three phases in the acute stage of the disease: 1) prodromal symptoms; 2) jaundice; and 3) convalescence.

The following symptoms are present in the prodromal symptoms phase, which lasts an average of 2–7 days: fatigue, loss of appetite, fever, flatulence and tenderness in the liver area. At the end of this phase, urine becomes dark and stool light.

The jaundice period lasts 4–8 weeks. Yellowing of the skin and mucous membranes occurs in only 25% of those infected and lasts for a few weeks. Itching of the skin may occur.

The convalescence phase lasts 2–6 months, after which the patient starts to feel normal again.

Unlike hepatitis A, hepatitis B may cause chronic inflammation of the liver. The younger the infected person, the higher the likelihood of the disease becoming chronic. While 5–10% of adults with the acute form of the disease develop chronic illness, the risk is significantly higher in children (up to 90% of newborns remain chronically ill for life).

### **How to avoid infection?**

Avoid using other people's personal care products, especially toothbrushes, razors and manicure products.

Medical instruments and cosmetology tools must be disinfected and sterilised.

Employees who come into contact with blood and other bodily fluids (health care professionals, rescue workers, police officers, prison officers, members of the Defence Forces etc) must carefully comply with hygiene rules.

As the virus is also spread via sexual contact, it is important to keep in mind that using a condom reduces the risk of infection.

The surest method of prevention is vaccination. Vaccination prevents the risk of you and your loved ones becoming infected. Vaccination provides long-term (at least 15 years) and effective protection.