Five important tips for preventing viral hepatitis

1. **Vaccination.** One of the best ways to protect oneself from hepatitis A, B and E. Vaccines are very effective in preventing infection, and are recommended for all infants.

2. **Improved hygiene.** You can reduce the risk of contracting hepatitis with good hygiene and sanitation, including regular hand washing with safe water and avoiding drinking water from possibly unsafe sources.

3. **Blood screening.** According to the WHO, every year 1.6 million blood donations are rejected because they are positive for HBV, HCV or HIV2. Make sure medical practice is safe and equipment sterile.

4. **Protected sex.** HBV and HCV can be spread through sexual contact, so safer sex practices including using condoms are recommended.

5. **Don’t share or reuse needles.** Unsafe injections account for millions of new hepatitis B and C infections every year. It is therefore important to make sure that injections are being performed safely and with sterile equipment.