

**SVJETSKI DAN HEPATITISA 2012. IZVJEŠTAJ**  
**WORLD HEPATITIS DAY 2012. REPORT**

HRVATSKA UDRUGA ZA BORBU PROTIV HIV-A I VIRUSNOG HEPATITISA  
CROATIAN ASSOCIATION FOR HIV AND VIRAL HEPATITIS

Zagreb, rujan 2012.  
Zagreb, September 2012.

## Pregled/Overview

### Vremenski okvir:

- 03.07.2012. – 19.08.2012.

### Time frame:

- 03.07.2012. – 19.08.2012.

### Suradnja:

- Ministarstvo zdravlja,
- Gradski ured za zdravstvo i branitelje Grada Zagreba,
- Klinika za infektivne bolesti „Dr. Fran Mihaljević“

### Cooperation:

- Ministry of Health,
- Health and war veterans bureau of City of Zagreb,
- University Clinic for Infectious Diseases „Dr. Fran Mihaljevic“

### Ovu aktivnost financijski su poduprli:

- Ministarstvo zdravlja,
- Gradski ured za zdravstvo i branitelje Grada Zagreba,
- Johnson & Johnson

### This activity was financially backed up by:

- Ministry of Health,
- Health and war veterans bureau of City of Zagreb,
- Johnson & Johnson

## Aktivnosti/Activities

- INFO štand

*03.07-28.07., u centru Zagreba (ugao Petrićeve i Bogovićeve ulice)  
(podizanje svijesti u općoj populaciji podjelom edukativnih materijala,  
procjena znanja o virusnim hepatitisima korištenjem testa, pružanje dodatnih  
informacija građanima)*

- INFO stand

*03.07-28.07., in the Zagreb city center  
(raising awareness in genaral population by distributing eduaction materials,  
estaimating knowledge on viral hepatitis using a test, providing additional  
information to citizens)*

U popodnevnim satima, štrnjom po poznatoj zagrebačkoj špici, 206 građana je ispunilo test znanja oo virusnim hepatitisima. Većinom su kviz ispunile žene (64,2%), u prosjeku mlađe odrasle dobi (M=29,34; Med=23,50). Raspon dobi kretao se od 13 do 79 godina. Od osoba koje su ispunjavale, samo ih je 20,9% prošlo neke dodatne edukacije o virusnim hepatitisima, dok većina nije imala nikakvu edukaciju (70,4%) ili nije sigurna da je prošla dodatnu edukaciju o virusnim hepatitisima (8,7%).

In the afternoon hours, while walking in the Zagreb City Center, 206 citizens filled in a knowledge test about viral hepatitis. Most of them were women (64,2%), on average younge adults (M=29,34; Med=23,50). Age ranged from 13 until 79 years. Out of those who filled in the test, only 20,9% had some kind of additional education about viral hepatitis, while most had no education about viral hepatitis (70,4%) or are not certain they had education about viral hepatitis (8,7%).

U Tablici 1. prikazani su rezultati testa znanja o virusnim hepatitisima. Dobra vijest je da većina građana percipira hepatitis kao bolest jetre (96,1%), koja kao dugotrajnu posljedicu, u slučaju da se na vrijeme ne otkrije i liječi, ima cirozu i rak jetre (90,7%). Još jedna dobra vijest je što građani znaju da je pozitivan rezulata testiranja krvi na hepatitis C jedini siguran dokaz zaraze hepatitisom C (92,1%).

Table 1 displays results of viral hepatitis knowledge test. Good news is that most citizens perceive hepatitis as a liver disease (96,1%), which, if gone undetected and untreated, has a long term consequence of cirrhosis and liver cancer (90,7%). Additional good news is

that citizens know the only certain evidence of hepatitis C infection is a positive blood test for hepatitis C (92,1%).

Građani su manje upoznati sa činjenicom da postoji cjepivo za hepatitis B (68,2%), da su najčešći kronični oblici hepatitis B i C (74,0%) te da postoje lijekovi za liječenje osoba s hepatitisom C (70,9%). Čak 26,3% građana smatra kako postoji cjepivo za hepatitis C, a 20,4 ih smatra kako ne postoje lijekovi za hepatitis C. Podjednaki broj građana smatra kako su najčešći kronični hepatitisi A i B (13,7%) te A i C (12,3%).

Citizens are less familiar with the fact that there is a vaccination for hepatitis B (68,2%), that the most common chronic forms are hepatitis B and C (74,0%), and that there is treatment for persons with hepatitis C (70,9%). Even 26,3% of citizens believe there is a vaccination for hepatitis C, and 20,4% believe there is no treatment for hepatitis C. An equal amount of citizens believe that the most common chronic form of hepatitis are A and B (13,7%) and A and C (12,3%).

Ono što najviše zabrinjava je količina neznanja kada je u pitanju prijenos virusnih hepatitis. Za hepatitis C, 11,8% smatra kako se prenosi priborom za jelo, a 3,0% nošenjem odjeće zaražene osobe, dok ih 85,2% točno smatra kako se prenosi dijeljenjem oštih higijenskih predmeta. Čak 47,8% građana smatra kako se hepatitis B prenosi kihanjem, a 4,9% poljupcem u obraz. Ovi podaci su zabrinjavajući jer omogućuju plodno tlo za diskriminaciju osoba koje žive s hepatitisom C, a pogotovo onih koji žive s hepatitisom B. Diskriminacija je ponašanje koje se očituje u izbjegavanju i posebnom (negativnom) tretmanu osoba sa hepatitisom. Naravno da je ono izvjesno ako osoba smatra kako može dobiti hepatitis B kihanjem.

The fact that causes biggest concern is the amount of ignorance when it comes to the transmission of viral hepatitis. For hepatitis C, 11,8% believe it is transmitted by cutlery, and 3,0% by wearing clothing of a person who's been infected, while 85,2% correctly believe it is transmitted by sharing sharp hygiene items. Even 47,8% of citizens believe hepatitis C is transmitted by sneezing, and 4,9% by a kiss on the cheek. These data are disturbing because they provide fertile ground for discrimination of people living with hepatitis C, and particularly those living with hepatitis B. Discrimination is behavior which results in avoidance and special (negative) treatment of patients with hepatitis. Of course it is expected if a person believes he can get hepatitis B by sneeze.

**Tablica/Table 1:** Rezultati testa znanja o virusnim hepatitisima/ Results of knowledge test about viral hepatitis (the entire questionnaire is in the Appendix)

<b>PITANJA/ QUESTIONS</b>	<b>Točno/ Correct</b>	<b>Netočno/ Incorrect</b>
Hepatitis je... Hepatitis is...	96,1%	3,9%
Hepatitis C se može prenijeti... Hepatitis C can be transmitted by...	85,2%	14,8%
Siguran dokaz zaraze hepatitisom C... Certain evidence of hepatitis C infection...	92,1%	7,9%
Cjepivo postoji za... There is a vaccine for...	68,2%	31,8%
Najčešći kronični hepatitis su... Most common chronic hepatitis viruses are...	74,0%	26,0%
Mora li se koristiti kondom tijekom spolnog odnosa s osobom koja ima hepatitis C... Is there a need for condom during sex with a person who lives with hepatitis C...	87,8%	12,2%
Hepatitis B se može prenijeti... Hepatitis B can be transmitted...	47,3%	52,7%
Postoje li lijekovi za liječenje osoba s hepatitisom C... Is there any treatment for patients living with hepatitis C...	70,9%	29,1%
Koje su moguće posljedice dugotrajnog hepatitisa C ako se na vrijeme ne otkrije i liječi... What are the possible long-term consequences of hepatitis C without timely detection and treatment...	90,7%	1,3%

Potrebno je utvrditi razmišljaju li osobe koje smatraju da je prijenos hepatitisa B moguć kihanjem ili poljupcem u obraz različito od onih koji su upućeni u prijenos hepatitisa B i to po pitanjima prijenosa hepatitisa C i sigurnom dokazu zaraze, jer te informacije također stvaraju plodno tlo za diskriminaciju. Za potrebe ove analize, sudionici su podijeljeni u dvije skupine s obzirom na točan, odnosno netočan odgovor o prijenosu hepatitisa B. Testirana je razlika u odgovorima prijenosa hepatitisa C i sigurnog dokaza zaraze hepatitisom C među ovim skupinama (Mann Whitney U Test).

It is necessary to determine whether those who believe hepatitis B can be transmitted by sneezing and a kiss on a cheek think differently from those who know how hepatitis B is transmitted when it comes to the transmission of hepatitis C and certain evidence of infection, because this information also provide fertile ground for discrimination. For the purpose of this analysis, participants were divided into two groups based on the correct, or incorrect answer on the transmission of hepatitis B. The difference between this groups has been tested with regard to answers on hepatitis C transmission and certain evidence of hepatitis C infection (Mann Whitney U Test).

Dobiveno je kako osobe koje ne znaju o prijenosu hepatitisa B u većoj mjeri imaju krivu predodžbu i o prijenosu hepatitisa C ( $U_{\text{Mann-Whitney}}=4102,5$ ;  $p<0,05$ ; 23,8% u odnosu na 14,8% onih koji znaju kako se hepatitis B prenosi). Čak 19% osoba smatra kako se hepatitis C prenosi priborom za jelo (u odnosu na 11,8%) i odjećom (4,8% u odnosu na 3,0%). Što se sigurnog dokaza zaraze hepatitisom C tiče, osobe manje upućene u prijenos hepatitisa B ne oslanjaju se u većoj mjeri na simptome poput umora i glavobolje prilikom procjene infekcije (u odnosu na pozitivan test) od onih koji znaju kako se hepatitis B prenosi ( $U_{\text{Mann-Whitney}}=4614,0$ ;  $p>0,05$ ). Ovo pokazuje kako su edukacije o načinima prijenosa prioritet u komunikaciji sa građanima i informiranju o virusnim hepatitisima.

Results show that those who are not familiar with modes of hepatitis B transmission also have a wrong idea about the transmission of hepatitis C ( $U_{\text{Mann-Whitney}}=4102,5$ ;  $p<0,05$ ; 23,8% compared to 14,8% of those who know how hepatitis B is transmitted). 19% of citizens even believe that hepatitis C is transmitted by cutlery (compared to 11,8%) and by clothing (4,8% compared to 3,0%). As far as certain evidence of hepatitis C infection is concerned, persons who know less about hepatitis B transmission do not rely more on symptoms like fatigue and headache in assessment of infection (opposed to a positive test) than those who are aware how hepatitis B is transmitted ( $U_{\text{Mann-Whitney}}=4614,0$ ;  $p>0,05$ ). This shows the priority of transmission modes education in communication with citizens and informing about viral hepatitis.

## Kampanje/Campaign Activities

- Kampanja prekriži hepatitis B, prekriži hepatitis C  
*Srpanj i kolovoz 2012, domovi zdravlja*  
*(1100 postera u Domovima zdravlja diljem Republike Hrvatske)*
- Cross Hepatitis B, Cross Hepatitis C Campaign  
*July and August, 2012., Health Centers*  
*(1100 posters in Health Centers throughout Croatia)*
- Kampanja u javnom gradskom prijevozu  
*23.07.-19.08., javni gradski prijevoz*  
*(1130 plakata u vozilima javnog gradskog prijevoza u Zagrebu, Osijeku, Splitu, Zadru i Dubrovniku)*
- Public Transport Campaign  
*23.07.-19.08., Public transport*  
*(1130 posters in public transport in cities: Zagreb, Osijek, Split, Zadar, Dubrovnik)*
- Kampanja na radiju  
*23.07.-28.07., Radio "Antena"*  
*(radio spot promocija svjesnosti o virusnim hepatitisima, Savjetovalista udruge HUHIV pri Klinici za infektivne bolesti "Dr. Fran Mihaljević" i testiranja na virusne hepatitis)*
- Radio Campaign  
*23.07.-28.07., Radio „Antena“*  
*(radio jingle on hepatitis awareness, CAHIV's Counseling Center in the University Hospital for Infectious Diseases and promotion of viral hepatitis testing)*

## Promocija/Promotional Activities

- Promocija testiranja

*03.07.-27.07., u svim aktivnostima, suradnja s Klinikom za infektivne bolesti (promocija besplatnog i anonimnog testiranja u Klinici za infektivne bolesti "Dr. Fran Mihaljević" koje se odvijalo od 23.07. do 27.07. u 10:00-15:00)*

- Promotion of Testing

*03.07.-27.07., throughout our activities, cooperation with University Hospital for Infectious Diseases (promotion of free and anonymous rapid test testing in The University Hospital for Infectious Diseases „Dr. Fran Mihaljevic“ offered in period 23.07-27.07. from 10am until 3pm)*

Ukupno je testirano 150 osoba. Otkrivena su 3 nova slučaja zaraze.

In total, 150 persons were tested. Out of those, 3 new cases of infection were detected.

- Simpozij povodom Svjetskog dana hepatitisa

*13.07.2012., Klinika za infektivne bolesti "Dr. Fran Mihaljević" (HUHIV je održao predavanje "Probir rizične populacije" o outreach programima udruge)*

- Hepatitis Day Symposium

*13.07.2012., University Clinic for Infectuous Diseases „Dr. Fran Mihaljevic“ (CAHIV held a lecture „Screening the Population at Risk“, on CAHIV's outreach programs)*



## Suradnja s medijima/Media Work

- Suradnja s medijima

*03.07.-28.07., lokalni i nacionalni mediji*

*(publika: opća populacija; pružanje informacija o epidemiološkoj situaciji u Hrvatskoj, važnosti testiranja, pomoći koju HUHIV može pružiti, uz poruke koje smanjuju stigmatu za one koji su već žive s virusnim hepatitisom)*

- Media Work

*03.07.-28.07., local and national media*

*(audience: general population; providing information on epidemiological situation in Croatia, the importance of testing, assistance CAHIV can provide, along with messages that reduce stigma for those already living with viral hepatitis)*

Zahvaljujemo sljedećim medijima koji su popratili naše aktivnosti:

We express gratitude to the following media which had broadcasted our activities:

Radio „Sljeme“

„HRT“ Radio

Z1

„Jabuka“ TV

Radio „Soundset Plavi“

„HRT“ TV

„NET“ TV

„Jutarnji list“ (newspaper)

## Web stranica/Web page

[www.huhiv.hr](http://www.huhiv.hr)

- Procjena rizika na web-u

*Srpanj i kolovoz, 2012., [www.huhiv.hr](http://www.huhiv.hr)*

*(online upitnik osobnog rizika; pojedinačna anonimna procjena potrebe za odlazak na testiranje procjenom osobnog rizika)*

- Web Risk Assessment

*July and August, 2012., [www.huhiv.hr](http://www.huhiv.hr)*

*(online survey of personal risk; individual anonymous assessment of need to get tested by estimating personal risk)*

Informaciju treba li otići na testiranje svatko je mogao provjeriti ispunjavanjem upitnika osobnog rizika na [www.huhiv.hr](http://www.huhiv.hr). Ispunjavanjem su osobe mogle saznati jesu li bile u situaciji u kojoj dolazi do prijenosa i pritom naći objašnjenja za prijenos na kraju upitnika. Ako je osoba bila u riziku preporuča se odlazak na testiranje kako bi se provjerio status i što prije započelo s liječenjem ako je potrebno.

Information whether one should get tested could be verified by completing a risk assessment questionnaire at [www.huhiv.hr](http://www.huhiv.hr). Filling in a questionnaire informs whether a person had been in a situation in which transfer occurs and simultaneously find explanations of transmission modes at the end of the questionnaire. If a person had risk, testing is recommended, with aims to find out status and start with treatment as soon as possible if necessary.

Upitnik su ispunile 154 osobe, većinom žene (61,7%), mlađe odrasle dobi (M=32,94; Raspon=13-74 godine). Osobe koje su ispunjavale imaju nešto viši stupanj obrazovanja: 35,7% SSS, 27,9% VŠS (Bacc.) te 30,5% VSS (Mag.). Unatoč tome, 83,8% sudionika nije imalo posebnu edukaciju o virusnim hepatitisima. U Tablici 2. prikazan je udjel onih osoba koje su bili u riziku.

The survey was completed by 154 individuals, mostly women (61,7%), in young adult age range (M=32,94; Range=13-74 years). Persons who completed the questionnaire obtained somewhat higher level of education: 35,7% finished high school, 27,9% a Bachelor degree and 30,5% a Master degree. In spite of that, 83,8% of participants had no particular education about viral hepatitis. Table 2. displays proportion of people at risk.

**Tablica/Table 2: Rizici/Risks**

<b>Drogiranje Drug Use</b>	<b>DA YES</b>	<b>NE NO</b>	<b>Ne znam Don't know</b>
Jeste li ikada uživali drogu intravenskim putem? Have you ever resorted to intravenous drug use?	1,3%	98,7%	X
Ako da, jeste li ikada dijelili igle i šprice s drugima? If yes, did you ever share needles and syringes with others?	0,6%	98,7%	0,6%
Jeste li ikada pušili crack s drugima? Did you ever smoke crack with others?	3,9%	96,1%	X
Jeste li ikada šmrkali kokain, speed ili neku drugi stimulans? Have you ever snorted cocaine, speed or any other stimulans?	13,6%	86,4%	X
<b>Rizici prije nego što je postojalo testiranje Risks before testing was available</b>	<b>DA YES</b>	<b>NE NO</b>	<b>Ne znam Don't know</b>
Jeste li ikada primili transfuziju (tuđu krv)? Have you ever received transfusion (someone else's blood)?	11,0%	83,8%	5,2%
Ako da, je li to bilo prije 1993. godine? If yes, was that before 1993?	6,5%	89,6%	3,9%
Jeste li ikada bili na operativnom zahvatu? Have you ever had an operation?	52,6%	47,4%	X
Ako da, je li taj operativni zahvat bio prije 1993 godine? If yes, was this operation before 1993?	15,6%	80,5%	3,9%
<b>Seks Sex</b>	<b>DA YES</b>	<b>NE NO</b>	<b>Ne znam Don't know</b>
Jeste li imali nezaštićeni spolni odnos u zadnjih 6 mjeseci (uključujući i oralni odnos)? Have you had unprotected sex in past six months (including oral sex)?	70,8%	29,2%	X
Ako da, jeste li taj odnos imali sa slučajnim partnerom? If yes, has this occurred with a casual partner?	25,3%	74,0%	0,6%
Prakticirate li nezaštićene analne odnose? Do you practice unprotected anal intercourse?	20,1%	77,9%	1,9%
Jeste li imali vaginalni odnos tijekom menstruacije ili je tijekom spolnog odnosa (bilo kojeg) došlo do krvarenja? Have you ever had a vaginal intercourse during menstruation or has there ever been bleeding during an intercourse (any type)?	35,7%	54,5%	9,7%

<b>Kontakt s tuđom krvi</b> <b>Contact with someone else's blood</b>	<b>DA</b> <b>YES</b>	<b>NE</b> <b>NO</b>	<b>Ne znam</b> <b>Don't know</b>
Jeste li se ikada tetovirali, imali piercing, bušenje ušiju, akupunkturu, elektrolizu ili izrađivali trajnu šminku u nesterilnim uvjetima? Have you ever tattooed, had piercings, piercing studs, acupuncture, electrolysis or made permanent makeup in non-sterile conditions?	20,8%	73,4%	5,8%
Sumnjate li da ste možda dijelili žilete, četkicu za zube, škarice za nokte ili druge oštre predmete s drugom osobom? Do you suspect you might have shared razors, toothbrushes, nail scissors or other sharp objects with another person?	27,9%	61,7%	10,4%
Jeste li bili u kontaktu s tuđom krvi, a da ste pritom imali ozljedu ili ogrebotinu (velike nesreće, ranjavanje ili kontakt s tuđom krvi u ratu)? Have you been in contact with someone else's blood, and at the same time had injury or scratch (major accident, injury or contact with someone else's blood in the war)?	5,8%	85,1%	9,1%
<b>Medicinski pokazatelji</b> <b>Medical Indicators</b>	<b>DA</b> <b>YES</b>	<b>NE</b> <b>NO</b>	<b>Ne znam</b> <b>Don't know</b>
Jeste li ikada imali simptome bolesti jetre (povišene jetrene enzime u krvi) ili kroničnu bolest jetre? Have you ever had any symptoms of liver disease (elevated liver enzymes in the blood) or a chronic liver disease?	16,9%	70,1%	13,0%
Jeste li imali druge spolno-prenosive bolesti (sifilis, gonoreju, klamidiju, genitalni herpes, HPV, trihomonas, HIV...)? Have you had any other sexually-transmitted diseases (syphilis, gonorrhoea, chlamydia, genital herpes, HPV, trichomonas, HIV ...)?	20,8%	69,5%	9,7%
Idete li na dijalizu bubrega? Are you having kidney dialysis?	X	100%	X
Bolujete li od hemofilije? Have you been diagnosed with hemophilia?	0,6%	94,2%	5,2%
Jeste li imali transplantaciju organa? Have you had an organ transplant?	X	100%	X
Imate li dijabetes? Do you have diabetes?	2,6%	92,9%	4,5%
Imate li poremećaj zgrušavanja krvi (trombofilija, tromboza)? Do you have a blood clotting disorder (thrombophilia, thrombosis)?	0,6%	94,8%	4,5%

<b>Suživot</b> <b>Co-habitation</b>	<b>DA</b> <b>YES</b>	<b>NE</b> <b>NO</b>	<b>Ne znam</b> <b>Don't know</b>
Jeste li ikada živjeli s osobom koja ima hepatitis B? Have you ever lived with someone who has hepatitis B?	5,2%	69,5%	25,3%
Jeste li ikada bili u zatvoru? Have you ever been incarcerated?	2,6%	97,4%	X
Je li Vaša majka u trenutku Vašega rođenja imala hepatitis B ili C? Has your mother, at the time of your birth, had hepatitis B or C?	X	79,9%	20,1%
<b>Testiranje i cijepljenje</b> <b>Testing and Vaccination</b>	<b>DA</b> <b>YES</b>	<b>NE</b> <b>NO</b>	<b>Ne znam</b> <b>Don't know</b>
Jeste li se ikada testirali na HIV? Have you ever tested for HIV?	20,8%	76,6%	2,6%
Jeste li se testirali na Hepatitis B? Have you been tested for Hepatitis B?	20,8%	76,0%	3,2%
Jeste li se testirali na Hepatitis C? Have you been tested for hepatitis C?	18,2%	78,6%	3,2%
Jeste li preboljeli hepatitis B? Are you a survivor of hepatitis B infection?	3,2%	80,5%	16,2%
Jeste li preboljeli hepatitis C? Are you a survivor of hepatitis C infection?	1,9%	83,8%	14,3%
Jeste li se cijepili protiv Hepatitisa B? Have you been vaccinated against hepatitis B?	18,8%	56,5%	24,7%
Bavite li se zanimanjima poput policajca, vatrogasca, spasioca, medicinskog djelatnika, a da se niste cijepili protiv Hepatitisa B? Do you work as a police officers, firefighter, rescuer, medical professional, without being vaccinated against hepatitis B?	4,5%	94,2%	1,3%
Ako ste medicinski djelatnik, jeste li imali ubodni incident ili kontakt s krvlju i krvnim pripravcima bez rukavica i zaštitne opreme (štrcanje krvi na sluznicu oka, nosa, usta...)? If you are a medical professional, did you have a prick incident or contact with blood or blood products without gloves and protective equipment (spraying blood on the mucous membranes of the eye, nose, mouth, ...)?	3,2%	79,2%	17,5%

*Tablica se nastavlja na sljedećoj stranici...*

*Table continues on the following page...*

<b>Migracije</b> <b>Migration</b>	<b>DA</b> <b>YES</b>	<b>NE</b> <b>NO</b>	<b>Ne znam</b> <b>Don't know</b>
Jeste li rođeni ili živjeli dulje vrijeme u zemljama s povišenom epidemijom virusnih hepatitisa? Were you born or lived a long time in countries with high rates of viral hepatitis?	2,6%	90,3%	7,1%
Jeste li imali medicinski ili dentalni zahvat u zemljama sa povišenom epidemijom virusnih hepatitisa? Did you have any medical or dental procedure in countries with increased rates of viral hepatitis?	1,3%	96,8%	1,9%

- Nove brošure na web stranici

03.07.-nadalje, [www.huhiv.hr](http://www.huhiv.hr)

*(objavili smo dvije nove brošure na web stranici: “Kako živjeti s hepatitisom B?” i “Kako živjeti s hepatitisom C?”, koje su nastale na temelju najčešće postavljene pitanja u Savjetovalištu Udruga HUHIV pri Klinici za Infektivne bolesti “Dr. Fran Mihaljević”)*

- New web brochures

03.07.-continuous, [www.huhiv.hr](http://www.huhiv.hr)

*(the release of two new brochures online: „How to live with Hepatitis B“ and „How to Live with Hepatitis C“, based on frequently asked questions in CAHIV's Counselling Center in the University Hospital for Infectious Diseases)*

### **Pitanja su:**

Mogu li prenijeti hepatitis C/B na druge? (Pazite na druge, Pazite na sebe); Na što ne moram paziti u kućanstvu?; Koliko hepatitis C/B može živjeti izvan tijela?; Zar mi nije bilo bolje kada nisam znao/la da imam hepatitis C/B?; Hoću li zavrišiti u bolnici?; Što će biti sa mnom ako imam kronični hepatitis C/B?; Kako smanjiti nuspojave?; Što trebam izbjegavati?; Koji je najgori scenarij?; Što je s prehranom?; Mogu li donirati krv?

### **Questions are:**

Can I transmit hepatitis C/B to others? (Look after others, Look after yourself); What I don't have to be careful in household?; For how long hepatitis C/B remains active outside of the body?; Weren't I better off when I wasn't aware that I have hepatitis C/B?; Will I end up in a hospital?; What will happen to me if I have chronic hepatitis C/B?; How to reduce side effects?; What should I avoid?; What is the worst scenario?; What about nutrition?; Can I donate blood?

## Dodatak/Appendix

- TEST ZNANJA
- KNOWLEDGE TEST

SPOL: M Ž

SEX: M F

DOB: \_\_\_\_\_

AGE: \_\_\_\_\_

Jeste li prošli neke dodatne edukacije o virusnim hepatitisima (osim u školi)?

1) DA; 2) NE; 3) NISAM SIGURAN/A

Have you had additional education about viral hepatitis (except in school)?

1) YES; 2) NO; 3) I'M NOT SURE

1. Hepatitis je... a) bolest jetre; b) bolest pluća; c) bolest debelog crijeva

1. Hepatitis is... a) liver disease; b) lung disease; c) colon disease

2. Hepatitis C se može prenijeti... a) dijeljenjem oštih higijenskih predmeta (četkica za zube, žileti, škarice...); b) nošenjem odjeće zaražene osobe; c) djeljenjem pribora za jelo sa zaraženom osobom

2. Hepatitis C can be transmitted by... a) sharing sharp hygiene items (toothbrushes, razors, scissors ...); b) wearing clothes of infected person; c) sharing cutlery with an infected person

3. Siguran dokaz zaraze hepatitisom C... a) stalan umor; b) pozitivan rezultat testiranja krvi na hepatitis C; c) česte glavobolje

3. Certain evidence of hepatitis C infection... a) constant fatigue; b) positive blood test for hepatitis C; c) frequent headaches

4. Cjepivo postoji za... a) hepatitis B; b) hepatitis C; c) hepatitis E

4. There is a vaccine for... a) hepatitis B; b) hepatitis C; c) hepatitis E



5. Najčešći kronični hepatitis su...a) hepatitis B i hepatitis C; b) hepatitis A i hepatitis B; c) hepatitis A i hepatitis C

5. Most common chronic hepatitis viruses are...a) hepatitis B and hepatitis C; b) hepatitis A and hepatitis B; c) hepatitis A and hepatitis C

6. Mora li se koristiti kondom tijekom spolnog odnosa s osobom koja ima hepatitis C...

6. Is there a need for condom during sex with a person who lives with hepatitis C...

7. Hepatitis B se može prenijeti...a) preko znoja i suza; b) kihanjem; c) poljupcem u obraz

7. Hepatitis B can be transmitted... a) through sweat and tears; b) by sneezing, c) by a kiss on the cheek

8. Postoje li lijekovi za liječenje osoba s hepatitisom C...a) da; b) da, ali samo za osobe starije od 21 godine; c) ne

8. Is there any treatment for patients living with hepatitis C...a) yes; b) yes, but only for those above 21; c) no

9. Koje su moguće posljedice dugotrajnog hepatitisa C ako se na vrijeme ne otkrije i liječi...a) druge spolne bolesti; b) ciroza i rak jetre; c) ispadanje zubi

9. What are the possible long-term consequences of hepatitis C without timely detection and treatment... a) other sexually transmitted diseases, b) cirrhosis and liver cancer, c) loss of teeth

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