

Hepatitis B factsheet: COVID-19 and hep B



For more information about anything in this factsheet, phone the *Hepatitis Infoline* on 1800 803 990 or go to www.hep.org.au

COVID-19 and hep B Frequently Asked Questions (FAQ)

There's so much information swirling around these days as we deal with the changing world around us due to COVID-19. There's lots of incorrect information and it's easy to be overwhelmed and confused. On this page, we'll try to clear some things up.

It is important that information is helpful, clear, and checked and confirmed by experts. Please share the following information – it comes from health and medical specialists.

COVID-19 is an acronym that stands for COronaVirus Disease 2019. You might hear it called coronavirus, corona, SARS-CoV-2, or even rona. We'll call it COVID-19 or coronavirus in this FAQ but all these terms are essentially talking about the same thing and we'll explain them at the bottom.

You'll also hear new or unfamiliar terms like "social distancing," "physical distancing," "self-isolation," and "quarantine". These terms and what they actually mean can become confusing so we've including a glossary at the bottom of this FAQ.

This virus has only been known about since around December 2019 so it's all very new, information changes quickly, and we're all learning day-by-day and week-by-week. Compare COVID-19 to hep B which we've known about since the 1980s and hep B even earlier in the 1960s! We'll regularly update this page as new information comes to light.

And if you need any more information or want to talk with us, please get in touch through the online chat portal on our website, email info@hep.org.au, or give us a call on **1800 803 990**, Monday to Friday.

Here are some frequently asked questions, with answers, about COVID-19 and hep B.

Hep B and COVID-19

I have hep B, am I at higher risk of getting COVID-19?

There is no evidence to suggest that people living with hep B are at higher risk of catching COVID-19.

What's most important is that we all follow the government's advice and guidelines on how to keep ourselves and each other safe and stop the spread of COVID-19. All the latest information for how to keep yourself and others safe can be found here: www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert#protect-others-and-stop-the-spread

I have hep B, am I at higher risk of severe illness from COVID-19?

There is no evidence that having hep B puts you at a higher risk of severe illness from COVID-19.

The increased risk of serious illness or death from a COVID-19 infection relates to having additional health conditions that may contribute to a higher possible severity, including:

- coronary heart disease,
- hypertension (high blood pressure),
- diabetes,
- obesity¹,
- cancer, and
- chronic respiratory diseases such as asthma, bronchitis and emphysema.

Hep B is not a listed health condition that may contribute to more severe illness with COVID-19.

Older people, particularly those over the age of 70, are also especially at risk of severe illness and death from COVID-19. Aboriginal people, particularly those over the age of 50, could also be

at greater risk of severe illness because of generally higher rates of chronic illness (see *Close The Gap*).²

Please be aware that number of young people and people who don't have underlying health conditions have had severe illness from COVID-19 and some have unfortunately died. Many people have undiagnosed conditions and everyone should try to minimise their risk of contracting the virus and passing it on to others.

I have hep B, are there extra precautions I need to take against COVID-19?

People with hep B do not need to take extra precautions with COVID-19.

We all need to take precautions to stop the spread of COVID-19, whether we have hep B or not, for our health and the health of our whole community. Follow the government's advice – currently that means social and physical distancing, washing hands, and staying home wherever possible. Keep up-to-date here: www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert

You should take extra precautions to protect yourself from COVID-19 if you:

- have an additional health condition (e.g. heart disease, diabetes, respiratory diseases; see list above);
- are over 70;
- are over 50 and Aboriginal;
- have a weakened immune system.

I am cured of hep B, am I more at risk with COVID-19?

There is no evidence to suggest that people cured of hep B are at higher risk of catching COVID-19 or being severely ill if they do get it.

An important note: around 95% of adults and 10% of children will fight off the hep B virus in the first 6 months of catching hep B. If you've had hep B for longer than 6 months, you'll have hep B for life.

Hep B treatment and COVID-19

Should I keep taking my B medication during this time?

Yes, definitely. Unless told not to by your doctor or specialist then you should definitely keep taking your hep B medication.

With hep B medication, it's extremely important to keep taking your medication every day as normal to keep the virus under control and keep you healthy. If you stop taking your hep B medication then the virus can become resistant to the medication and it won't work to keep the virus under control and keep you healthy anymore.

A quick reminder that not everyone who has hep B needs to be on medication. It is only for those whose specialist has prescribed it to protect their liver.

I am running out of hep B medication but I'm worried about going to the pharmacy. Can I take it less frequently or wait until this is over?

You should definitely keep taking your hep B medication, unless told not to by your doctor or specialist.

With hep B medication, it's extremely important to keep taking your medication every day as directed

by your doctor. This keeps the virus under control and keeps you healthy. If you stop taking your hep B medication, the virus can become resistant to the medication and in future, it might not keep the virus under control and keep you healthy.

Pharmacies are an essential service and will stay open. Give your pharmacy a call and see if they can deliver or can help make your visit quick and safe. You may also be able to get a friend or family member to pick your medication up for you.

I'm on hep B medication, will this make me more at risk of catching COVID-19 or having severe illness? Is my immune system weakened by the medication?

There is no evidence that hep B medications affect your immune system or make you more at risk of catching COVID-19.

Hep B medications are called 'nucleoside or nucleotide analogues (NAs)'. This fancy name simply means they disrupt and interfere with viruses like hep B. The hep B medications are very effective at keeping hep B under control and do not have negative impacts on your immune system.

Does the anti-virus medication I'm on for hep B (for example, entecavir or tenofovir) give me protection against COVID-19?

There is no evidence at the moment that hep B treatments provide protection against COVID-19.

COVID-19 is a new virus and we simply don't know what effect every anti-viral medication will have on it. The best way to protect yourself from COVID-19 is to follow the government's advice – that means social and physical distancing, washing hands, and staying home

Give the doctor who prescribed your treatment a call if there is any more information you want to know. If there is anything important you need to know about your hep B treatment and COVID-19, you'll find it here.

It's best not to read too much into things you might hear or see online about any medication you're on that could give a positive or negative effect against COVID-19.

Hep B vaccination and COVID-19 (people NOT living with hep B)

I am part-way through my course of hep B vaccinations, should I stay at home and postpone the rest of the shots?

Hep B vaccination is certainly important but most people can stop and restart their vaccinations again later. This won't affect your ability to get immunity against hep B at a later time.

If you are at risk of hep B (e.g. if you're living or having sex with someone who has hep B or are a healthcare worker) you should keep going with your course of vaccination.

Should I get the hepatitis B vaccine, and will this protect me against other viruses like COVID-19?

The hepatitis B vaccine is specially designed to protect people from the hepatitis B virus and only

the hepatitis B virus; it won't provide any protection from COVID-19.

While we definitely recommend getting the hep B vaccine to protect yourself from hepatitis B, now might not be the best time for it. The decision is yours.

However, if you are at risk of hep B – for instance if you live or have sex with someone who might have hep B or are a healthcare worker – we recommend you get vaccinated against hep B.

COVID-19 and other risks

Should I get the flu vaccine, and will this protect me against COVID-19?

The flu vaccine won't help protect you against COVID-19 but can protect you against being infected with the most common strains of flu this coming flu season. Having the flu and COVID-19 could be potentially quite dangerous so we strongly recommend getting the flu vaccination, if you are able.

You might have concerns about going to the doctors at this time and that's completely understandable. If you are one of the groups of people who are advised (are elderly, are

immunocompromised, or have other health conditions) or required (have been exposed to COVID-19 or are in quarantine) to stay at home because of COVID-19, then it may be better to ensure your wellbeing by staying at home. We recommend giving your doctor a call to discuss what is the best course of action for you and your health.

You can read more about flu vaccinations and COVID-19 on this excellent webpage here: www.healthdirect.gov.au/blog/why-getting-your-flu-shot-in-april-2020-will-help-in-the-fight-against-covid-19

Liver health and COVID-19

I am receiving regular monitoring for my liver, but I'm worried about going to the clinic. What should I do?

All doctors, specialists, nurses, and health staff are doing everything they can to make clinics as safe as possible at this time. We recommend calling your doctor or specialist before any appointment to check if they have changed how they do things. They might do an appointment over the phone (Telehealth) or there might be extra steps and precautions to take when you visit.

For more information on what healthcare is available through Telehealth, follow this link: www.mbsonline.gov.au/internet/mbsonline/publishing.nsf/Content/Factsheet-TempBB

I have liver cirrhosis, does this make me more at risk with COVID-19?

There is no evidence that people with cirrhosis have a greater risk of catching COVID-19 but having cirrhosis may increase the risk of serious illness if you do get COVID-19.

While having cirrhosis may increase the risk of severe illness with COVID-19, the evidence is limited at the moment.

If you have elevated liver enzymes or abnormal liver function test (LFT) as a result of liver disease, you may also be at risk of severe illness if you have COVID-19.

For these reasons, it's best to take all necessary precautions to keep yourself safe from COVID-19 by following government and medical recommendations.

Everyone with cirrhosis should see their liver specialist regularly to check for complications of cirrhosis and liver cancer. Call and speak to your specialist about what is best for you and your health.

I had a liver transplant years ago due to hep B. Should I be worried with COVID-19?

People who have had a liver transplant are on 'immunosuppressive' medication. There is currently no evidence that being on this medication increases the risk of severe COVID-19 infection.⁴

However long-term transplant patients are at risk of the health conditions that are known to increase the risk of severe COVID-19 – hypertension, diabetes, and obesity.⁵ For this reason, people who have had a liver transplant need to take particular precautions not to get infected.

Give your specialist a call and discuss your health with them. They'll be able to advise what steps to take and what is best for your health at this time.

COVID-19 virus and illness

Is this COVID-19 like the hep B virus?

We know that COVID-19 is very different to the hep B virus. COVID-19 affects breathing (the respiratory system) whereas hep B affects and infects the liver.

We're still learning about this particular new coronavirus, COVID-19, but we do know a lot about coronaviruses in general.

There are lots of coronaviruses which are common in animals and a small number have mutated to be able to infect humans. Some of these coronaviruses can cause mild illness and some can cause quite serious illness. You might have heard of SARS or MERS which were also coronaviruses.

I have a runny nose, sore throat, fever, or headache. Do I have COVID-19?

The only way to tell if you have COVID-19 is by getting a test.

If you are worried that you might have COVID-19, call your regular doctor or the **National Coronavirus Helpline on 1800 020 080**. They can advise if you might need to get tested.

Remember, if you feel really unwell, call 000 and seek urgent medical care.

Social distancing

This means keeping your distance from others to prevent the spread of COVID-19.

- Stay home as much as possible and only go out if it is essential.
- If you do have to go out in public, keep at least 1.5 metres from others.
- The more space between you and others, the harder it is for the virus to spread
- Avoid public gatherings, family events, weddings, and other social events
- Avoid handshaking, hugging, and kissing when greeting others.
- Practice good hygiene including hand washing, covering coughs or sneezing with a tissue or your elbow, and avoiding touching your face.

You can read more here: www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/social-distancing-for-coronavirus-covid-19

Physical distancing

This is another term for social distancing, emphasising the need to keep physically away from others to help prevent the spread of COVID-19.

Self-isolation (also known as self-quarantine)

Self-isolation means you must stay home or in your hotel room for 14 days.

You cannot leave for any reason except a genuine emergency.

You must self-isolate if:

- you have COVID-19
- you have been in close contact with someone confirmed to have COVID-19
- you arrived in Australia after midnight on the March 15, 2020

Self-isolation is really important to stop the spread of COVID-19.

This means you cannot go to public places such as work, social events, or shopping centres.

This means you cannot visit other people or have them visit you.

Breaking self-isolation puts the health of others in the community at serious risk. People have recently been jailed in Australia for breaking self-isolation requirements.

If you are isolating at home, ask others who are not in isolation to get food, medication, and other necessities and leave these at your front door.

For more information on self-isolation, see here: www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/self-isolation-self-quarantine-for-coronavirus-covid-19

Quarantine

See above.

SARS-CoV-2

- This is the technical name for the new coronavirus that originated in China in December 2019.
- The 'SARS' part stands for Severe Acute Respiratory Syndrome.
- The 'CoV' part stands for CoronaVirus.
- The '2' part stands for the fact this is the second coronavirus to cause SARS. You might have heard of the original SARS (or SARS-CoV-1) which also started in China in 2002.

COVID-19

- This stands for COronaVirus Disease 2019.
- When we talk about COVID-19 we talk about the disease or illness caused by catching the virus SARS-CoV-2.
- To make things as simple as possible, it's best to just use COVID-19 when referring to this current virus.
- There is still a lot we have to learn about COVID-19 including the best treatments, how it spreads, and how long it can survive outside the body. Scientists, researchers, health staff, and governments are all working around the clock to understand COVID-19 and we're learning more every day.

Coronavirus

- Viruses are grouped into families based on their similarities and given a name based on something they share.
- There are lots of coronaviruses, you might have heard of SARS from 2002-2004 or MERS from 2012.
- Hepatitis B, for instance, is a hepadnavirus while hepatitis C is a flavivirus.

Asymptomatic

- Someone who doesn't have symptoms is called asymptomatic – the symptoms of COVID-19 are absent.
- People who don't have symptoms of COVID-19 can often spread the virus to others unknowingly.
- The most common symptoms of COVID-19 are a dry cough, fever, sore throat, and/ or shortness of breath.
- The only way to confirm if someone has COVID-19 is to get tested.

Pandemic

- A pandemic is a global outbreak of a disease or virus.
- Pandemics happen when a virus spreads easily and can infect many people.
- Pandemics also happen when people do not have immunity or protection against a virus such as through vaccination.
- Other pandemics in human history include the Bubonic Plague, malaria, HIV/AIDS, and the Spanish flu.

Lockdown

- Almost every country around the world has dealt with this virus in their own way. Some countries have acted quickly and some have acted slowly. Some countries have had to stop almost everything and keep everyone in their homes to deal with COVID-19. This is called a lockdown.
- In Australia we have not yet put a lockdown in

place but it is still possible that we might need in order to fight COVID-19.

- The government will let you know if we go into lockdown and what that will mean if we do. You will find that information here www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert

Essential services

- Some services are considered by the government as essential services and will remain open to everyone no matter what.
- This currently includes hospitals, pharmacies, banks, and supermarkets.
- The government may change what is considered an essential service at any time depending on the circumstances.

Telehealth

- With everyone needing to stay at home as much as possible and the extra impact on the health system of COVID-19, health services are changing the way they deliver healthcare to patients.
- This might mean your regular appointments are done over the phone or through your computer and might involve a video chat instead.
- Your doctor, specialist, or other health professional will let you know any changes
- You can read more here: www.mbsonline.gov.au/internet/mbsonline/publishing.nsf/Content/Factsheet-TempBB

Other links/ further reading

You can read more here: www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert

Xu et al., Liver injury during highly pathogenic human coronavirus infections, onlinelibrary.wiley.com/doi/epdf/10.1111/liv.14435

Boettler et al., Care of patients with liver disease during the COVID-19 pandemic: EASL-ESCMID position paper

www.sciencedirect.com/science/article/pii/S2589555920300471

Zhang et al., Liver injury in COVID-19: management and challenges

www.thelancet.com/action/showPdf?pii=S2468-1253%2820%2930057-1

Endnotes

¹ www.ncbi.nlm.nih.gov/pubmed/32271993; www.ncbi.nlm.nih.gov/pubmed/32271368

² www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19/coronavirus-covid-19-advice-for-aboriginal-and-torres-strait-islander-peoples-and-remote-communities; www.healthdirect.gov.au/coronavirus-covid-19-groups-at-higher-risk-faqs#aboriginal

³ Email correspondence with Associate Professor Simone Strasser, 22/04/2020

⁴ Email correspondence with Associate Professor Simone Strasser, 22/04/2020

⁵ Email correspondence with Associate Professor Simone Strasser, 22/04/2020

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This factsheet was developed by Hepatitis NSW. It was reviewed by the Hepatitis NSW Medical and Research Advisory Panel.

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