

11 Jul 2024

## Changes to the Country Information pages: Hepatitis B

**NaTHNaC has reviewed and updated country-specific Hepatitis B information and vaccine recommendations**

NaTHNaC, with UK Health Security Agency, has recently reviewed destination-specific hepatitis B vaccination guidance for countries. [Further information is available](#) about this review.

Based on this review, country-specific hepatitis B vaccine recommendations have been updated for the following countries:

**Antigua and Barbuda, Argentina, Bahamas, Barbados, Belize, Bermuda, Brazil, Chile, Croatia, Cuba, Czech Republic, Dominica, Dominican Republic, Estonia, Falkland Islands, Grenada, Hungary, Latvia, North Macedonia, Montenegro, New Zealand, Paraguay, Peru, Poland, Puerto Rico, Russia, Saint Kitts and Nevis, Saint Lucia, Saint Vincent and the Grenadines, San Marino, Serbia, Slovakia, Slovenia, Trinidad and Tobago, Uruguay and Venezuela.**

Country-specific information can be found on our [Country Information pages](#) and [Outbreak Surveillance section](#).

### Advice for travellers

#### Before you travel

Hepatitis B is a vaccine preventable disease. Hepatitis B is spread through contact with blood or body fluids contaminated with the hepatitis B virus.

Vaccination is recommended for travellers at increased risk of infection.

Check our [Country Information pages](#) to see if vaccine is recommended for your destination.

Make an appointment with a travel clinic or pharmacy to discuss vaccination if you think you are at risk.

A sterile medical equipment kit may be helpful when travelling to resource poor areas.

#### While you are away

Reduce your risk by avoiding contact with blood or body fluids. This includes:

- Avoiding unprotected sexual intercourse.
- Avoiding tattooing, piercing, sharing of shaving equipment and acupuncture (unless sterile equipment is used).
- Not sharing needles or other injection equipment.
- Following universal precautions if working in a healthcare or other higher risk setting.

#### When you return

If you are concerned that you may have been at risk of hepatitis B, speak to a health care

professional for further advice.

## Advice for health professionals

Vaccination could be considered for all travellers and is recommended for those whose activities or medical history put them at increased risk. This includes:

- Those who may have unprotected sex.
- Those who may be exposed to contaminated needles through injecting drug use.
- Those who may be exposed to blood or body fluids through their work (e.g. health and aid workers).
- Those at high risk of requiring medical or dental procedures or hospitalisation e.g. those with pre-existing medical conditions, those who are travelling for medical care abroad, or those travelling to visit families or relatives.
- Long-stay travellers.
- Those who are participating in contact sports.
- Families adopting children from this country.

See our [Country Information pages](#) for destination-specific hepatitis B vaccine recommendations.

## Resources

- [Hepatitis B factsheet](#)
- [UKHSA: Immunisation against infectious disease . Chapter 18. Hepatitis B](#)
- [Country Information](#)
- [Outbreak Surveillance](#)