

The theme for this year's Hepatitis day is **“Can't Wait”**

It helps us understand that people living with **Hepatitis** can't wait to get access to medical services and live out better lives.

With an alarming increase in cases of **Hepatitis** in the country, more people need to be educated on the dangers of hepatitis and how to protect themselves

How can I protect myself and others?

You can protect yourself by

- Getting tested to know your status
- Getting vaccinated against hepatitis
- Practicing safe sex or abstaining
- Limit your alcohol intake
- Talk to a certified professional about your symptoms or concerns