



SUPPORTING WORLD HEPATITIS DAY 2021 TOGETHER

Hepatitis Can't Wait.
It's time to act and end the stigma.

Together, all the way.™



WHAT'S WORLD HEPATITIS DAY ALL ABOUT?

This year World Hepatitis Day takes place on **Wednesday 28 July 2021**, bringing people from all walks of life across the globe together to raise awareness about the challenges those burdened with viral hepatitis face.

The [World Health Organisation](#) estimates that **325 million people** worldwide live with hepatitis B and/ or C. Unfortunately, proper testing and treatment are beyond reach for most of those people.

In 2021, the theme of World Hepatitis Day is '*Hepatitis Can't Wait*'.

Those living and affected by hepatitis can wait no longer to end stigma and discrimination. Pledge to take action and become a part of the positive change today.

HOW TO GET INVOLVED

- › Attend an event or webinar to join the campaign to raise awareness about World Hepatitis Day.
- › Donate to support the cause.
- › [Apply](#) to light up a local landmark green in support of World Hepatitis Day.
- › Spread the word on social media with the hashtag **#WorldHepatitisDay**.

WHY IS WORLD HEPATITIS DAY SO IMPORTANT?

World Hepatitis Day is a great opportunity to raise awareness of the importance of knowing your hepatitis status while spreading the word about

treatment. People living with viral hepatitis unaware can't wait for testing or treatment.

Did you know the most common routes of transmission for Hepatitis B or C viruses are:

- › Blood transfusions using unscreened blood (but, in most developed countries, blood has been screened since the 1990s)
- › Medical or dental interventions without sterilised equipment
- › Tattooing and body piercing if done using unsterilised equipment
- › Sharing razors, toothbrushes or similar household items

HEPATITIS PREVENTION IS CRITICAL

Despite the ongoing COVID-19 pandemic, the international community remains united. Policymakers, medical professionals and the general public continue to reach hundreds of millions of people with life-saving information about viral hepatitis.

But there's still work to be done. That all begins with raising awareness of the dangers hepatitis poses globally and understanding the preventative steps to take — from vaccines to hygiene practices

LEARN HOW CIGNA CAN HELP TODAY.

We focus on keeping you and your loved ones fit and well by providing access to health improvement tools. That way, you can have peace of mind that you'll receive the proper care at the right time.

Don't hesitate to reach out to us if you have any questions. We're here for you 24 hours a day, 7 days a week, 365 days a year.



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