

# MAY NEWSLETTER

May 2025

VOLUME 54

NUMBER 5



## A Christ-focused Word-centered Family

305 West 3rd Street - PO Box 367 - Laurel, NE 68745  
Pastor Tom Tuura's Office - 402-256-8110  
seniorpastor@laurelulc.org  
Church Office 402-256-3622 - Email - contact@laurelulc.org

**We will be honoring our High School  
Graduates on Sunday, May 4, 2025.**



Our Graduates are:  
**Koby Detlefsen,**  
son of Drew & Kayla Detlefsen

**Lilly Pehrson,**  
daughter of Jon & Sara Pehrson

**Skylar Swanson,**  
daughter of Jacob & Mandi Swanson

**Tanner Hansen,**  
son of Chris & Amanda Hansen

**Ava Christensen,**  
daughter of Matt & Mindy Christensen

**Kylla Klausen,**  
daughter of Josh & Holly Clausen

**Julia Johnson,**  
daughter of Joel & Angela Johnson

Please join us for a reception in their honor following Worship that Sunday.  
Please extend congratulations to these young adults. Keep them in your prayers that, as they step out into the world, they will take their faith in the Lord Jesus with them on their new adventures.

CONFIRMATION



## Confirmation

### Sunday

### May 18, 2025

### 9:00 am

Our Confirmands are:

**Bryson Urwiler,**  
Son Kody & Stephanie Urwiler

**Mason Kort,**  
Son of Nick & Amy Kort

**Jacob Kolar,**  
Son of Amy Kolar & the late Larry Kolar

A Reception in honor of them will be held following Worship.  
Please come and extend your congratulations to these young men. Keep them and their families in your prayers as they continue to grow in their faith in the Lord Jesus.

# *Kings and Elections*

By Rev. Tom Tuura  
Pastor of United Lutheran Church

One year ago in my May newsletter article I wrote, “This year (2024) has been widely proclaimed to be the year of elections, with national elections expected in at least 64 countries. This means that half of the world’s population will have the opportunity to change their government” That was written in early 2024.

As we know now a year later, what actually happened nobody could have predicted. Not to be political, but our elections brought complete shock and awe around the world. The USA would take center stage when all was said and done, and the dust settled on 2024.

Based on recent history of the globalist elite, it was anticipated around the world that the political Marxist left would continue it’s gains as election after election occurred. But that’s not what happened in one significant election--ours.

(Relax, this is not going to be partisan. As a pastor, I realize that we all may not agree on traditional politics. We pastors are prodded from all directions to be more vocal on issues. I don’t take a political stand, but I do take a stand on biblical issues.) So my statement is this, it’s not inaccurate or an overstatement to acknowledge that leftists and even Marxists have taken over one side of the political spectrum in the west—that includes Europe and the North America.

What is behind all this? We call this movement worldwide Globalism. It is also known as the new world order, or the great reset. Going back about ten years ago, we can document a more aggressive turn in their agenda. Major components were a whole vocabulary of new terms and acronyms. Terms and abbreviations we did not make up, nor are familiar with. Probably the most common now is “woke”. But there are many others that have been thrown around to intimidate as they communicate their new vocabulary.

The motivation and incentive behind this radical agenda is the threat of imminent crises such as pandemics, climate catastrophe. Another motivation is so called justice and human rights, immigration, the flow of people, an anti-nationalism spirit, (hence globalism), and equality.

Note these are all noble and legitimate challenges, though we may not agree on their threat level. With justice and human rights they can bandwagon with the liberal church, and they have.

But these things are all excuses that these warriors use to exercise control over what other people think and say. They use “virtues” such as justice and even love to justify dramatic overreaches of control. They use disease and pandemics, along with the fear which goes along with it to justify strict limitations over behavior—remember the lockdowns? The “D” in Diversity Equity and Inclusion standing primarily for unrestricted (illegal) immigration, and the removal of borders. And there are dozens serious public and private policy issues awaiting in line.

One last example is their willingness to sacrifice freedoms, like freedom of speech to preserve their narrative. Remember the “C” words, conspiracy or consensus. Both are argued over in a tug of war over information. In spite of all this, it is however no new revelation to serious Bible readers and people of faith, that God is in control—another “C” word. But prior to that another will attempt complete control—the anti-christ or beast of Revelation 13.

This is serious folks. We cannot take this lightly. Other examples that were derailed because of the November election results: the fateful year 2030 Climate change deadlines”, the WHO Pandemic treaty signed by many world leaders, giving away our sovereignty in another “health emergency”.

We need to observe what is happening in France, Germany and the UK. I don’t think this is an overstatement, had things gone differently here in the US back in November, that we would have led the world into complete and total globalism.

We are seeing very graphically the power and influence of one world leader. Trump is already hailed as the anti-christ by some. No one denies his questionable past. But as long as he supports the Bible, Israel, and biblical truths that accusation doesn’t stand. Bill Maher, comedian, and political commentator is calling for a Democratic Donald Trump. Many will heed that call.

There is always a pendulum swing, and if a Democratic, i.e. a leftist/Marxist “Trump” arises, and he will, watch out. The Bible predicts just that eventually. The question is when. Having studied and written about these things over the last 10 years, I suggest that what is taking place now is a pause between the birth pains. The enemy will come roaring back, and things will be much worse. That is certainly prophecied in the long term, but what if we are there right now? I believe we are in those days.

We need to do two things, we need to take advantage of the opportunity before us, for the spreading of the Gospel. Second, we need to look at our allies like those in the UK who are under the heel of globalists and take note. We are under a reprieve. So we need to prepare the ship during the sunny weather for the inevitable storms ahead.

Will America be great again? That depends upon the pulpits. It depends upon the churches. This is a spiritual battle. We live in a world where change can happen overnight, and the enemy is held in check by God.

Psalm 45:6- “Your throne, O God, is forever and ever; a Scepter of righteousness is the scepter of Your kingdom.” (see also Heb 1:8), and another, Psalm 47:8- “God reigns over the nations; God sits on His holy throne.”

“And I saw thrones, and they sat on them, and judgment was committed to them;” (Rev 20:4)

Rev 22:1,3 “And he showed me a pure river of water of life, clear as crystal, proceeding from the throne of God and of the Lamb...And there shall be no more curse, but the throne of God and of the Lamb shall be in it, and His servants shall serve Him.”

This was my closing paragraph one year ago and it is still true...

“And no matter what leaders are elected this year, or any other, this is still the ultimate truth.”

“Therefore God also has highly exalted Him and given Him the name which is above every name, that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.” (Phil 2:9-11)

That’s my view two cents

Pastor Tom ###

## JOIN US FOR THE 2025 AFLC ANNUAL CONFERENCE

*Abundant Life*  
JOHN 10:10

**JUNE 11-14**

Association Retreat Center,  
ARC - Osceola, WI

VIEW THE CONFERENCE SCHEDULE, REGISTER, AND WATCH  
LIVESTREAMS OF EVENING SERVICES AT

[WWW.AFLC.ORG/CONFERENCE](http://WWW.AFLC.ORG/CONFERENCE)

REGISTRATION CLOSING JUNE 6



United Lutheran Church  
Council Meeting  
April 10, 2025

Members Present: Doug Olson, Mike Williams, McKenzie Roeber, Drew Detlefsen, Lisa Karnes, Steve Luedtke, Heath Roeber, Tom Biernbaum, Pastor Tom and Tiffany Ebberson.

Doug called the meeting to order with a reading from 1 Corinthians.

Tiffany read the March meeting minutes. Lisa made a motion to approve the minutes. McKenzie seconded. Motion passed.

Treasurer's Report: Lisa shared P&L and balance sheets for review. Tiffany made a motion to approve the treasurer's report. McKenzie seconded. Motion passed.

Trustee's Report: The lights in the fellowship hall have been repaired. The lights in the parsonage need fixed yet. Carpet installation has been completed in the parsonage basement!

Parish Ed Report: McKenzie shared the minutes from the previous meeting. The Luther League account has a balance of \$3,767.18 and the Parish Ed account has a balance of \$10,119.92. Youth Group attendance has been down during the Lenten season. Megan continues to work on finding a photographer that can do a church directory. There is someone from Wynot that has expressed interest in taking pictures. Megan is looking into more information. If it doesn't work out, Shelley Groene has graciously offered to take pictures. Megan is also reaching out to a couple of printing businesses to check in about pricing of the directory books. The last day of Sunday School will be May 18<sup>th</sup>. Vacation Bible School is planned to be held July 27-31 from 5:30-7:30.

Deacon's Report: Steve is going to make the call to invite Norfolk Rescue Mission to hold the next Mission Sunday. They are looking to see if they can come April 27<sup>th</sup> while Pastor Tom is gone.

Pastor's Report: Pastor Tom has been idealizing activities for youth group. Pastor has also been thinking about starting an adult bible study. He thought about a Sunday night bible study that goes 6-8 weeks or watching a series, such as "The Chosen", and holding discussion each session. Pastor has asked if we have a Grounds/Maintenance committee? Various things could be improved around the church exterior. What could we do to make it more inviting?

President's Report: Last month the youth worker applicant, Christopher, and his fiancé visited and attended church service. They were able to meet with the youth one evening and joined in the youth Sunday School class. Since the visit the youth worker call committee has met and discussed Christopher's visit. Doug shared thoughts from the call committee with council members and members held a discussion about whether Christopher would be the applicant to extend a job offer to. After much discussion Drew made a motion to extend an offer to hire Christopher as a full-time youth worker. Tom seconded. A vote was held with council members whether they want to hire Christopher as the youth worker. Vote results – 5 yes, 4 no. Doug will make the call to Christopher to extend the offer.

**Upcoming Events:**

- May 4<sup>th</sup> – Graduate Recognition – 7 Member Graduates
- May 18<sup>th</sup> – Confirmation – 3 Confirmands, Last day of Sunday School
- June 11<sup>th</sup> – 14<sup>th</sup> – Annual Conference

Meeting was closed with the Lord's Prayer.  
Minutes submitted by Tiffany Ebberson.

**NATIONAL  
DAY OF  
PRAYER**



THURSDAY, May 1

*Lord pour out  
Your Love, Life  
and Liberty*

*Now the Lord is the Spirit;  
and where the Spirit of the Lord is,  
there is liberty.  
2 Corinthians 3:17, NKJV*

JOIN US FOR THE  
2025 AFLC ANNUAL CONFERENCE

*Abundant Life*  
JOHN 10:10

**JUNE 11-14**

Association Retreat Center,  
ARC - Osceola, WI

VIEW THE CONFERENCE SCHEDULE, REGISTER, AND WATCH  
LIVESTREAMS OF EVENING SERVICES AT

[WWW.AFLC.ORG/CONFERENCE](http://WWW.AFLC.ORG/CONFERENCE)

REGISTRATION CLOSES JUNE 6



## **BIRTHDAYS AND ANNIVERSARIES**

1. ALEITHIA QUANBECK
2. COLTIN COX
- CHARLES & SHELENE FUNK
5. ROGER & LINDA KLAUSEN
7. VON SCHUSTER
- STEPHANIE URWILER
8. AVA CHRISTENSEN
- NASH GREINER
13. AMY CHRISTENSEN
14. BERNITA JOHNSON
15. SANDY THORELL
18. AARON DIEDIKER
- CRAIG MONSON
- ZACHARY & KYLA SPAHR

19. EMMET JOHNSON
20. JOSH & HOLLY KLAUSEN
21. JON MULLEN
22. BAYLEY HOLLOWAY
24. PASTOR KEN MARQUARDT
25. BLAKE HANSEN
26. KYLLA KLAUSEN
27. JACOB LUEDTKE
28. KALEB OLSON
29. SCOUT EBBERSON
30. ARLYCE GRAFFIS
31. MCKENZIE ROEBER

# May

# 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				National Day of Prayer 9:00 am-Sarah Circle 5:00pm-Ruth Circle		
4	5	6	7	8	9	10
9:00 am- Worship with Communion 10:15 am- Sunday School Graduation Recognition		7:00 pm-Parish Education Meeting	9:30 am- Women's Bible Study 5:30 pm- Confirmation 6:30 pm- Supper 7:00 pm-Youth	7:00 pm- Church Council Meeting		2:00 pm-LCC Graduation
11	12	13	14	15	16	17
Mother's Day  9:00 am- Worship 10:15 am- Sunday School			9:30 am- Women's Bible Study 5:30 pm- Confirmation 6:30 pm- Supper 7:00 pm-Youth		Last Day of School at LCC	
18	19	20	21	22	23	24
9:00 am- Worship with Communion 10:15 am-Last Day of Sunday School Confirmation Sunday	Newsletter Deadline		9:30 am- Women's Bible Study 6:30 pm- Supper 7:00 pm-Youth			
25	26	27	28	29	30	31
9:00 am- Worship	Memorial Day		9:30 am- Women's Bible Study 6:30 pm- Supper 7:00 pm-Youth			





Please find a substitute & notify the church office  
if you are unable to serve.

**ALTAR GUILD for MAY**  
**Deb Urwiler, Lisa Christensen**

**May 4 (White) Third Sunday of Easter**  
**Communion**

**HIGH SCHOOL SENIOR RECOGNITION**

GREETERS - Class of 2025  
LECTOR - Lisa Kames  
COMMUNION STEWARD - Jon Mullen  
USHERS - Lathan Detlefsen, Robert Patefield, Scott &  
Evan Urwiler, Tom Biernbaum  
ACOLYTE - Jacob Kolar  
NURSERY - Teresa Granquist  
FELLOWSHIP COFFEE - WMF

**May 11 (White) Fourth Sunday of Easter**

GREETERS - Jim & Karen Thompson  
LECTOR - Sara Pehrson  
USHERS - Verneal Gade, Craig Kames, Gabe Abts,  
Jon Mullen & Marlin Bose  
ACOLYTE - Mason Kort  
NURSERY - Stephanie Urwiler  
FELLOWSHIP COFFEE - Jon & Megan Mullen, Tim &  
Teresa Granquist, Don & Erica Diediker

**May 18 (Green) Fifth Sunday of Easter**  
**CONFIRMATION SUNDAY**

GREETER - Confirmands  
LECTOR - Mike Jacobsen  
COMMUNION STEWARD -  
USHERS - Steve, Jacob & Cody Luedtke, Nick Kort,  
Ron Lundahl, Jon Pehrson, Drew & Koby  
Detlefsen  
NURSERY - Laura Showen  
FELLOWSHIP COFFEE - Parish Education Committee

**May 25 (Green) Sixth Sunday of Easter**

GREETERS - Matt and Mindy Christensen & Family  
LECTOR - Amy Kort  
USHERS - Mike & Cathie Jacobsen, Kody & Bradyn  
Urwiler, Greg & Deb Urwiler, Don & Erica  
Diediker  
NURSERY - Katie Bose  
FELLOWSHIP COFFEE - Matthew & Kiley Maxon,  
Charley & Paige Green, Jim & Karen Thompson

**ALTAR GUILD for June**  
**Diane Urwiler, Erica Diediker**

**June 1 (Green) Seventh Sunday of Easter**

GREETERS - Drew and Kayla Detlefsen & Family  
LECTOR - Kody Urwiler  
USHERS - Lathan Detlefsen, Robert Patefield, Scott &  
Evan Urwiler, Tom Biernbaum  
COMMUNION STEWARD - Mike Williams  
NURSERY - Amy Kort  
FELLOWSHIP COFFEE - Gary Schmitt & Marlene  
Jussel, Kody & Stephanie Urwiler, Marlin & Mary  
Bose

**June 8 (Red) Pentecost**

GREETERS - Roger & Linda Klausen  
LECTOR - Megan Mullen  
USHERS - Lathan Detlefsen, Robert Patefield, Scott &  
Evan Urwiler, Tom Biernbaum  
NURSERY - Kayla Detlefsen  
FELLOWSHIP COFFEE - Jerry & Glenda Johnson, John  
& Nancy Abts, Jack & Rozanne Hintz

**ALL UNITED LUTHERAN MEMBERS**

We are asking for volunteers to sign up to serve  
as lectors, greeters, ushers, nursery attendants,  
and to serve fellowship coffee or youth group  
suppers. A sign up sheet is on the table at the  
back of the Fellowship Hall.

If you would like your name added or removed  
from any of the Worship Assistant duties please  
notify the Church office. We strive to include  
everyone in service throughout the Church.  
Please don't hesitate to have your name added  
any place if you so desire, and we will gladly  
refrain from asking you to serve if you don't want  
to for any reason. Thank you for all that you do.

## *On the Beaches of Normandy*

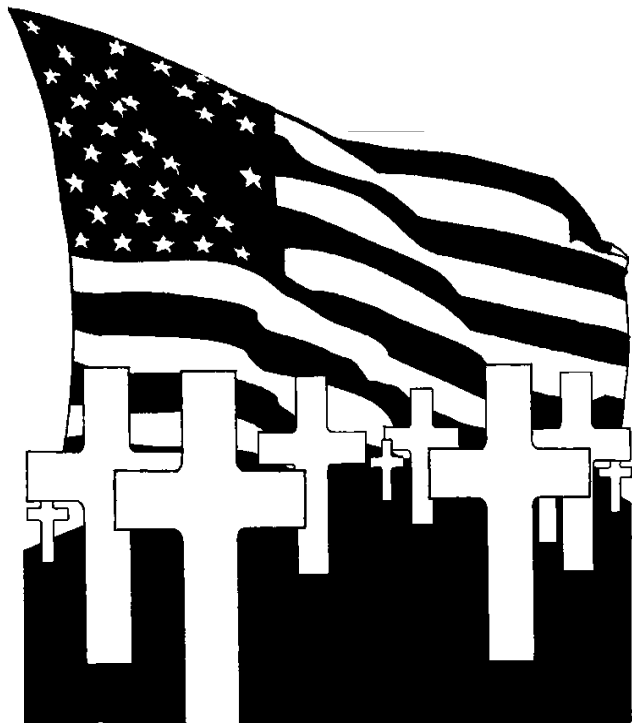
During World War II, the Allies carried out amphibious assault landings on June 6, 1944. In the ensuing battle, thousands of young men and women lost their lives. Not far from the landing site, there is now a very large well-groomed cemetery with a beautiful chapel at one end. In the chapel one finds an altar of black and gold Pyrenees marble engraved with the inscription: ***I Give Unto Them Eternal Life And They Shall Never Perish.***

In graves in front of the chapel, lie the bodies of 9,387 service men and women. Each headstone identifies the person buried there, with the exception of 307 whose bodies were unidentified. Nearby there is a stone tablet telling of 1,557 men and women who died in battle but whose bodies were never found.

Walking through the cemetery is a heart-rending experience. Tears come easily. Here are generals buried beside privates, blacks beside whites, Jews beside Christians, Americans from 49 states plus the District of Columbia and Guam. Each paid the ultimate sacrifice.

***All died for freedom.  
All died on our behalf.***

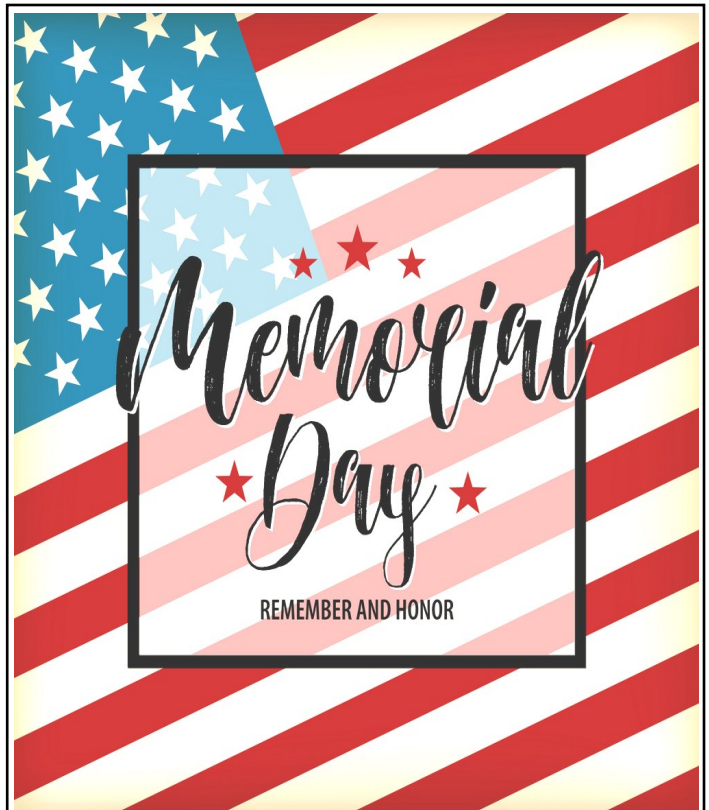
As we prepare for Memorial Day, we might well ask ourselves: "Am I worth their sacrifice? Am I grateful to them? What might I be willing to give to bring peace and freedom to the world?"



## **United Lutheran Youth Camp Scholarships**

are available  
for anyone wishing to attend camp.  
Please submit a letter  
as to why you wish to attend camp  
to the Parish Education Committee  
as soon as possible.

Parish Ed Committee  
Mckenzie Roeber  
Megan Mullen



**Monday, May 26  
Honor the sacrifice  
of our Veterans.**





## May is Melanoma Awareness Month

Melanoma is a specific kind of skin cancer. It begins in skin cells called melanocytes. Melanocytes produce melanin, the substance that gives your skin color.

Only about 1% of skin cancers are melanomas. Melanoma is also called malignant melanoma or cutaneous melanoma.

When melanoma is diagnosed in the early stages, most people respond well to treatment. But when not caught early, it spreads easily to other parts of the body.

### What are the symptoms?

Early signs and symptoms of melanoma are:

- changes to an existing mole
- the development of a new, unusual growth on your skin

If melanoma cells are still making melanin, the tumors tend to be brown or black. Some melanomas don't make melanin, so those tumors can be tan, pink, or white. Sometimes, the skin will appear normal even though melanoma has begun to develop.

### Clues that a [mole](#) might be melanoma are:

- irregular shape
- irregular border
- multicolored or uneven coloring
- larger than a quarter of an inch
- changes in size, shape, or color
- itchiness or bleeding

### Melanoma can start anywhere on your skin.

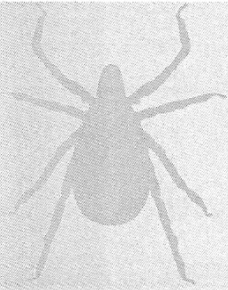
#### The most likely areas, though, are:

- chest and back for men
- legs for women
- neck
- face

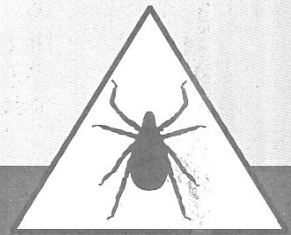
This may be because these areas have more exposure to the sun than other parts of the body. Melanoma can form in areas that don't receive much sun, such as the soles of your feet, palms of your hands, and fingernail beds.



Blood Pressure Checks  
Sunday, May 25, 2025  
during Fellowship Time



# Understanding Tick Bites and Lyme Disease



## How to prevent tick bites



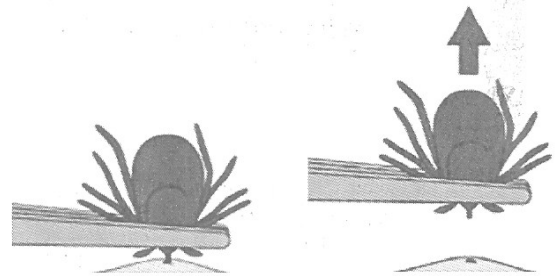
**Ticks can spread disease, including Lyme disease.**

### Protect yourself:

- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Always follow product instructions.
- Wear clothing treated with permethrin.
- Shower as soon as possible after spending time outdoors.
- Check for ticks daily. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Tumble clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.

## How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
3. Clean the bite area and your hands with rubbing alcohol or soap and water.



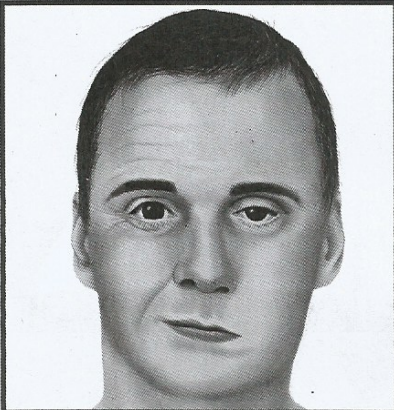
### Notes:

- Remove the tick as soon as possible to reduce your chances of getting an infection from the tick bite.
- Don't use nail polish, petroleum jelly, or a hot match to make the tick detach.
- If tick mouthparts remain in the skin, leave them alone. In most cases, they will fall out in a few days.

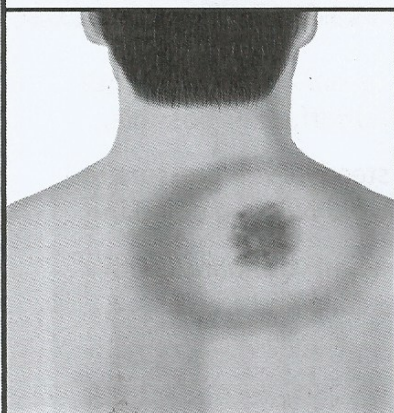


U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

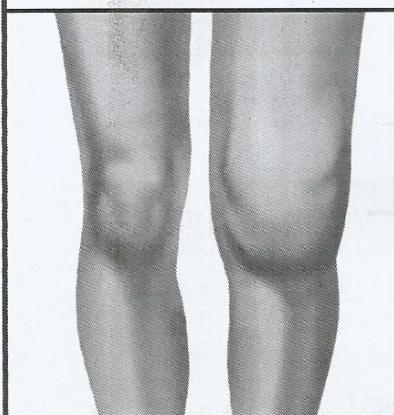




*Facial paralysis.*



*Bull's eye rash on the back.*



*Arthritic knee.*



## When to see your healthcare provider

If you develop a rash, fever, exhaustion, or joint and muscle aches within several weeks of removing a tick or spending time in tick habitat, see your healthcare provider. Be sure to mention your recent tick bite and when it happened, or that you've spent time in places where ticks may live.

If left untreated, Lyme disease can affect the joints, heart, or nervous system.

## Antibiotics treat Lyme disease

People treated with antibiotics in the early stages of Lyme disease usually recover rapidly and completely. The antibiotics most commonly used to treat Lyme disease include: doxycycline, amoxicillin, or cefuroxime axetil.

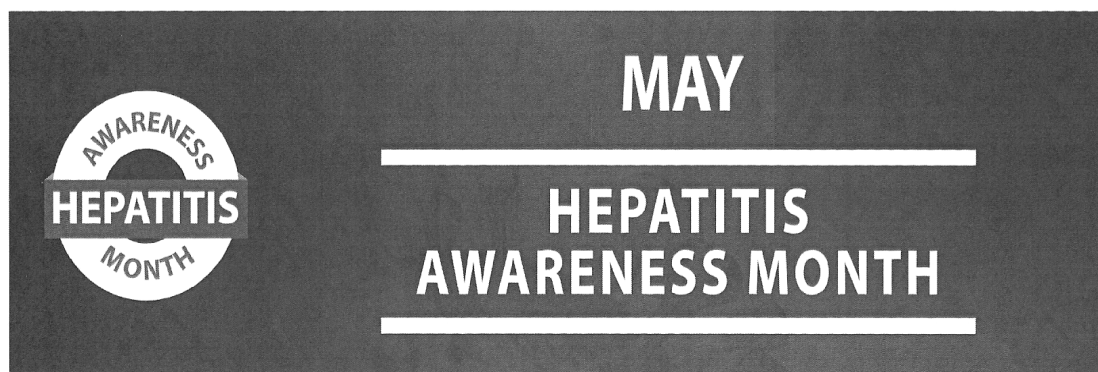
## Looking ahead to recovery

Rest and take antibiotics as prescribed. Recovery may take several weeks or longer.

Some people wonder if there is a test to confirm that they are cured, but there is no such test. Retesting for Lyme disease is not recommended because blood tests might be positive for months or years after you have been treated. A positive test doesn't mean you are still infected. It simply means that your immune system remembers your infection.

You can get Lyme disease again if you are bitten by another infected tick, so protect yourself from tick bites.

**For more information see [www.cdc.gov/Lyme](http://www.cdc.gov/Lyme)  
and [www.cdc.gov/Ticks](http://www.cdc.gov/Ticks)**



Awareness Month

The month of May is designated as Hepatitis Awareness Month in the United States, and May 19th is Hepatitis Testing Day. During May, CDC and our public health partners work to shed light on the impact of these hidden epidemics by raising awareness of viral hepatitis while encouraging testing and vaccination. Hepatitis Awareness Month activities help to improve everyone's understanding of viral hepatitis transmission and risk factors and to decrease social stigma against viral hepatitis.

## Viral Hepatitis Key Facts

- There are several different viruses that can cause hepatitis; the most common types of viral hepatitis are hepatitis A, hepatitis B, and hepatitis C.
- Chronic hepatitis B and hepatitis C are leading causes of liver cancer in the United States.
- Both hepatitis A and hepatitis B are preventable with safe and effective vaccines, and hepatitis C is curable with prescribed treatment.
- CDC recommends all adults through age 59 and adults age 60 or older with risk factors get vaccinated against hepatitis A and hepatitis B. If you are age 60 or older and do not have risk factors, you may choose to get vaccinated.
- About 66% of people with hepatitis B are unaware of their infection and about 40% of people living with hepatitis C do not know they are infected.
- CDC recommends all adults get tested for hepatitis B and hepatitis C at least once in their lifetime and pregnant women get tested during each pregnancy. Getting tested is the only way to know if you have hepatitis B or hepatitis C.

**CDC.gov**

Lisa Karnes <secretary@laurelulc.org>  
To: Erica Diediker <ediediker\_74@yahoo.com>

Tue, Apr 9, 2024 at 10:36 AM



# The ABCs of Hepatitis Fact Sheet

HEPATITIS A	HEPATITIS B	HEPATITIS C
<b>What is it?</b>		
<ul style="list-style-type: none"> <li>▶ A virus that causes damage to the liver</li> <li>▶ Goes away after a few weeks to several months</li> </ul>	<ul style="list-style-type: none"> <li>▶ A virus that causes damage to the liver</li> <li>▶ USUALLY goes away after several months</li> <li>▶ If it does not go away, it can cause liver cell damage, leading to cirrhosis (scarring) and liver cancer</li> </ul>	<ul style="list-style-type: none"> <li>▶ A virus that causes damage to the liver</li> <li>▶ USUALLY does NOT go away unless treated with medication</li> <li>▶ It can cause liver cell damage, leading to cirrhosis (scarring) and liver cancer</li> </ul>
<b>How is it spread?</b>		
<ul style="list-style-type: none"> <li>▶ Eating or drinking food or water that has been contaminated with infected feces</li> <li>▶ Close contact with an infected person</li> </ul>	<ul style="list-style-type: none"> <li>▶ Contact with infected blood or sexual fluids</li> <li>▶ Sharing injection drug equipment, or tattoo and body-piercing</li> <li>▶ Needlestick from an infected person</li> <li>▶ Passed from infected mother to newborn during childbirth</li> </ul>	<ul style="list-style-type: none"> <li>▶ Sharing injection drug equipment, or tattoo and body-piercing tools</li> <li>▶ Contact with infected blood</li> <li>▶ Sharing razors and toothbrushes</li> <li>▶ Passed from infected mother to newborn during childbirth</li> <li>▶ Spread through sex (rare with long-term partner)</li> </ul>
<b>Symptoms</b>		
<ul style="list-style-type: none"> <li>▶ For hepatitis A or hepatitis B, some may have light stools, dark urine, fatigue, fever, nausea, vomiting, loss of appetite, stomachache, and yellow skin or eyes (jaundice)</li> <li>▶ Some people don't experience any symptoms</li> </ul>		<ul style="list-style-type: none"> <li>▶ Most people have no symptoms</li> <li>▶ Some may feel tired and experience nausea and loss of appetite</li> </ul>
<b>Treatment</b>		
<ul style="list-style-type: none"> <li>▶ Lots of rest and fluids</li> </ul>	<ul style="list-style-type: none"> <li>▶ Oral anti-viral medication or rarely, interferon</li> </ul>	<ul style="list-style-type: none"> <li>▶ Oral anti-viral medication</li> </ul>
<b>Prevention</b>		
<ul style="list-style-type: none"> <li>▶ Washing hands with soap and water after using the toilet</li> <li>▶ Wear protective gloves and use 1 part bleach to 9 parts water to clean surfaces contaminated with feces, such as changing tables. Soak spill area for 1-2 minutes</li> <li>▶ Avoid contaminated food and water</li> <li>▶ Vaccination</li> </ul>	<ul style="list-style-type: none"> <li>▶ Wear protective gloves and clean up spilled blood with 1 part bleach to 9 parts water. Soak spill area for 10-30 minutes</li> <li>▶ Do not share razors, toothbrushes, or needles</li> <li>▶ Practice safe sex: use a latex condom or barrier</li> <li>▶ Vaccination</li> </ul>	<ul style="list-style-type: none"> <li>▶ Wear protective gloves and clean up spilled blood with 1 part bleach to 9 parts water. Soak spill area for 10-30 minutes</li> <li>▶ Do not share razors, toothbrushes, or needles</li> <li>▶ Practice safe sex: use a latex condom or barrier</li> <li>▶ No vaccine exists</li> <li>▶ Can get re-infected after being cured</li> </ul>



U.S. Department  
of Veterans Affairs  
Veterans Health  
Administration



This is the  
**DAY**  
that the **LORD**  
has made.

Psalm 118:24

