



I have hepatitis B and do all the cooking in my home. Can hep B be passed during food preparation?

June 25, 2019 By [Lucinda K. Porter RN](#)

No. According to the Centers for Disease Control and Prevention, “Hepatitis B virus is not spread through food or water, sharing eating utensils, breastfeeding, hugging, kissing, hand holding, coughing, or sneezing.”

However, if you cut yourself during food prep, be sure to properly clean up all blood. Although hepatitis B doesn’t survive the digestive track, it can survive outside the body for at least 7 days and still be capable of causing infection. Blood spills should be cleaned using a solution of one part household bleach to 10 parts of water.

[Click here](#) to learn more about hepatitis B.

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<http://beta.docker.hepmag.com/article/hepatitis-b-cooking-home-can-hep-b-passed-food-preparation>