

# Hepatitis C can be cured

Get tested, Get cured,  
Live your life.

## 丙型肝炎(丙肝)是可以治愈的

主动检测, 积极治疗,  
享受健康生活。



## What is hepatitis C?

### 什么是丙型肝炎?

Hepatitis C is inflammation of the liver. It is caused by a virus known as the hepatitis C virus.

丙型肝炎是一种由丙型肝炎病毒感染引起的肝炎。

Left untreated, hepatitis C can lead to serious liver disease or cancer. But there is a cure.

如果不予以治疗,可能会发展为严重的肝脏疾病,甚至肝癌。但其实,丙型肝炎是一种完全可以治愈的疾病。

Hepatitis C is common in Australia. Over 200,000 people in Australia have hepatitis C. It is also very common in many countries around the world.

Many people in our community living in Australia have hepatitis C.

丙型肝炎在澳大利亚是一种常见病,全澳患者人数超过20万。它也是世界各地许多国家的常见病。在澳大利亚社区中生活的许多人都患有丙型肝炎。

Hepatitis C is a serious, but slow acting virus, so people may not know they have it. Significantly more people in Australia are dying from hepatitis C than HIV/AIDS.

丙型肝炎病毒是一种破坏性较大但发病缓慢的病毒,所以很多人可能并不知道携带了这种病毒。在澳大利亚,因丙型肝炎导致死亡的人数远高于HIV/艾滋病。

Don't wait to talk to friends and family about hepatitis C.

大家都应该坦诚面对丙型肝炎,与亲朋好友讨论相关问题,不要犹豫或拖延。

## How do you get hepatitis C?

### 丙型肝炎病毒如何传播?

Hepatitis C is only in blood.

丙型肝炎病毒只靠血液传播。

There are a number of ways that hepatitis C can be transmitted through blood:

其血液传播途径有多种,包括:

- Blood transfusions or blood products in your country of origin (at a time when screening for hepatitis C was not undertaken).
- 您曾在原籍国接受的输血或使用的血液制品(当时并未进行丙型肝炎筛查)。
- Medical or dental procedures in your country of origin (where unregulated or unsterile practices may have been undertaken, including reuse of glass syringes).
- 您曾在原籍国接受的医疗或牙科手术(当时可能采用了不符合规范或未经严格消毒的操作流程,包括重复使用玻璃注射器)。



- Vaccinations or injections overseas (where unregulated or unsterile practices may have been undertaken including reuse of glass syringes).
- 在海外接种疫苗或注射(当时可能采用了不符合规范或未经严格消毒的操作流程,包括重复使用玻璃注射器)。
- Any cultural or traditional practices that involve blood.
- 任何需要接触血液的文化或传统习俗。
- Unsterile tattooing, piercings or sharing needles.
- 未经严格消毒的纹身、穿孔或公用针具。
- Cosmetic tattooing in Australia and overseas.
- 在澳大利亚境内和海外进行的化妆纹身。

Hepatitis C is NOT passed on by touching, kissing, breastfeeding, hugging, coughing, sneezing, or sharing food or bathrooms.

丙型肝炎病毒不会通过触摸、亲吻、母乳喂养、拥抱、咳嗽、打喷嚏、共用餐具或浴室等方式传播。

Many people in our families and communities have hepatitis C. They need our support.

在我们的家庭和社区中,许多人都患有丙型肝炎。他们需要我们的支持和帮助。

## What are the symptoms for hepatitis C?

### 丙型肝炎有哪些症状?

A lot of people with hepatitis C may not be aware they have it for many years. However, some people may have symptoms such as;

许多丙肝患者可能完全不知道自己已患病多年。但有些患者可能会出现以下症状:

- Tiredness and lacking energy, or sleep problems.
- 疲倦乏力或睡眠不佳。
- Flu-like symptoms which come and go.
- 不时出现流感样症状。
- Mood swings, anxiety and depression.
- 情绪反常、焦虑和抑郁。

See your doctor to discuss these symptoms, as they may be caused by other health issues.

请尽早就医,与您的医生讨论上述症状,因为它们也有可能源自其他健康问题。

## How do I know if I have hepatitis C?

### 如何发现是否感染丙型肝炎病毒?

You can find out if you have hepatitis C by getting two blood tests.

您可以通过两项血液检测来确认自己是否感染了丙型肝炎病毒。

The first blood test (hepatitis C antibody test) is to check if you have ever had hepatitis C in your blood. If that is positive, they do a second test (hepatitis C PCR test) to see if the hepatitis C virus is still there, or if your body has fought it off.

第一项血液检测是丙型肝炎病毒抗体检测,旨在检查您血液中是否存在过丙型肝炎病毒。如果结果为阳性,则需要进行第二项检测,即丙型肝炎PCR检测,以确定丙型肝炎病毒是否仍然存在,或是已在您的体内被清除。

The PCR test is the one that checks to see if the actual hepatitis C virus is still in your body. If that is positive the doctor may discuss options for treatment.

PCR检测是一种检查丙型肝炎病毒在您体内是否仍然存在的血液检测。如果结果为阳性,医生将与您讨论可供选择的治疗方案。

You can get your blood test for hepatitis C from your doctor.

您可以到医生那里进行丙型肝炎血液检测。

## Is there a cure for hepatitis C?

### 丙型肝炎是否有治愈方法?

Yes there is a safe and effective cure for hepatitis C. Almost everyone who takes the treatment will be cured.

是的,丙型肝炎可以通过一种安全有效的方法治愈。接受这种治疗的患者,治愈率接近百分百。

Getting cured of hepatitis C not only reduces the risk of liver failure or liver cancer, it can improve people's quality of life.

积极治疗丙型肝炎不仅可以降低罹患肝脏衰竭或肝癌的风险,还可以改善人们的生活质量。

The treatment is a course of tablets, taken daily for around 12 weeks (sometimes longer). The tablets have little or no side effects.

治疗方法是服用片剂一疗程,一天一次,连续服用大约12周(有时可能需要更长时间)。药物副作用很少或没有副作用。

It is important you take the tablets daily, and never share the medication. You need the whole amount to be cured.

坚持每天服药,这一点非常重要,并且绝对不能将自己的药物给他人服用。您需要服用全部剂量,才能治愈丙型肝炎。

See your doctor about getting tested and cured for hepatitis C.

请尽早就医,进行丙型肝炎检测,积极接受治疗。

## Do I have to pay for hepatitis C treatment? 我是否需要自费治疗丙型肝炎?

The simple cure for hepatitis C is now affordable as it is listed on the government's Pharmaceutical Benefits Scheme (PBS). This means that everyone with a Medicare card can have the hepatitis C medication for free. There is a small cost to collect the tablets at the pharmacy. This is the usual PBS prescription fee.

丙型肝炎的治愈药物现已列入澳大利亚政府的药物福利计划(PBS), 价格不再高昂。也就是说, 持有Medicare医保卡就可以免费获得丙型肝炎药物。在药房领取片剂时需支付一笔小额费用, 这是常规的PBS处方费。

## My family member doesn't speak English. What can I do to help them get tested and cured?

### 我的家人不会说英语。我该如何帮助他们接受检测和治疗?

If English is not your family member's first language, and they have a Medicare card, they can ask their doctor or pharmacist to call the TIS National Contact Centre on 131 450 at any time to access a phone interpreter during their medical appointment. This is a free service.

如果您的家人持有Medicare医保卡, 但母语不是英语, 可以请他们的医生或药剂师随时拨打131 450, 通过翻译和口译服务署(TIS)联络中心, 为他们在约诊期间提供电话口译服务。这是一项免费服务。



## Where do I go for more information? 如何获得更多信息?

See your doctor, or call the National Hepatitis information line on 1800 437 222. (1800 HEP ABC) or email your local hepatitis organisation.

到医生处就诊, 或拨打澳大利亚全国肝炎信息热线: 1800 437 222 (1800 HEP ABC), 或通过电子邮件联系您当地的肝炎组织。

**Don't wait to talk about hepatitis C.  
坦诚面对丙型肝炎, 切勿拖延。**

**Let's work together to keep our  
community healthy and strong.**

**让我们携手努力, 共同打造一个健康强大的社区。**



**GET TESTED. GET CURED. LIVE YOUR LIFE**  
主动检测, 积极治疗, 享受健康生活。

Call the national hepatitis info line: 1800 437 222 (1800 HEPABC)  
欢迎致电澳大利亚全国肝炎信息热线: 1800 437 222 (1800 HEPABC)  
[www.testcurelive.com.au](http://www.testcurelive.com.au)