

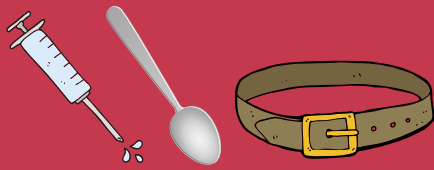
ARE YOU AT RISK OF HEPATITIS B?

GET VACCINATED!

There is a vaccination for hepatitis B. Adults have 3 injections over 6 months. It will protect you for life. Speak to your doctor for more information.

If you're not vaccinated, this is how you could get hep B:

HIGH RISK



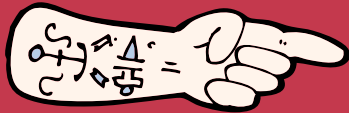
Sharing injecting equipment - needles, swabs, tourniquets etc



From mother to child during pregnancy (with no intervention)



Unsterile medical procedures overseas



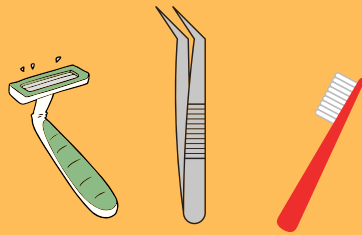
Sharing tattooing and piercing equipment - ink, needles etc

Unprotected sex - including vaginal and anal sex



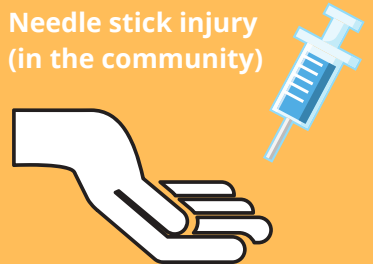
LOW RISK

Blood-to-blood contact from fights



Sharing razors, toothbrushes, tweezers, nail clippers, hair clippers etc

Needle stick injury (in the community)



NO RISK

Sharing food, drinks, plates, cups, forks etc

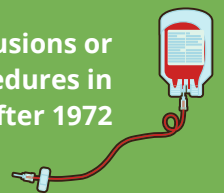


Hugging & kissing



Coughing, sneezing & spitting

Blood transfusions or medical procedures in Australia after 1972



Sharing toilets, sinks & showers

HEPATITIS AND LOOKING AFTER YOUR LIVER

**BAD FOR
YOUR LIVER**



ALCOHOL



**FATTY OR
SUGARY FOOD**



**SOME DRUGS,
MEDICINE AND HERBS**



SMOKING



STRESS

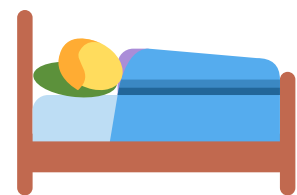
**GOOD FOR
YOUR LIVER**



DRINKS LOTS OF WATER



HEALTHY FOOD (LOW-FAT, LOW-SUGAR), LOTS OF FRUITS, VEGGIES



REST AND SLEEP



**RELAX AND REGULAR
EXERCISE**