

# Living Well with Hepatitis B

Written by Elene Claire  
& Hepatitis Queensland  
Illustrations by Julie Haysom



HEPATITIS  
QUEENSLAND  
Hepatitis and Liver Health

## CONTENTS



Cooking at the school

3



Ayanda is pregnant

12



An and Linh want to get married

21



Karim and his team

29

You cannot catch hepatitis B from:



Sharing food and drinks



Sharing plates and cutlery



Touching or kissing



Coughing or sneezing

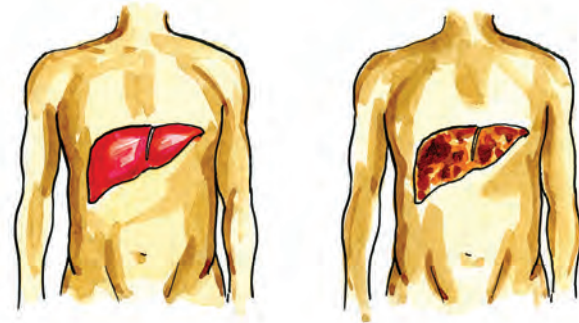


Ayanda: Is breastfeeding safe?

Nurse: Yes it is safe.  
Your baby will not get  
hepatitis B from your  
breast milk.

An says, “Many people can have hepatitis B and not feel sick because the virus is ‘asleep’ in the liver.

But the virus can ‘wake up’ and make them very sick”.



“I am very healthy because I visit my doctor every six months for a checkup”.