

Living Well with Hepatitis B

Workbook

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HEPATITIS
QUEENSLAND
Hepatitis and Liver Health

www.hepqld.asn.au

Reading and writing

Finish the sentences. Look at the box and write the best word.

~~cooking~~

exercise

can't

sharing

healthy

touching

help

eating



Ling is helping with cooking at her children's school.

She asks Chen to _____. Chen thinks she _____ help

because she has hepatitis B. Ling tells Chen that she also has hepatitis B.

She tells Chen that you can't get hepatitis B by _____ food and

drinks with others or by _____ or kissing. Ling keeps her

liver _____ by going to the doctor every six months,

_____ healthy food and getting regular _____.

How does Ling stay healthy?

Unscramble these sentences about staying healthy.

a) smoke I don't

I don't smoke

b) lots of and vegetables fresh I eat fruit

c) every I exercise day get

d) alcohol don't too much drink I

e) a checkup every I have six months

f) I lots of to get sleep try

Vocabulary

Put the number of the word next to the correct meaning.

1. Virus _____ A doctor looks at your body to see if you are healthy or sick.
2. Hepatitis B _____ Not sick.
3. checkup _____ A virus that can damage your liver.
4. healthy 1 _____ causes infection or sickness
5. pregnant _____ health worker
6. antenatal _____ an injection to stop a virus.
7. nurse _____ having a baby
8. vaccination _____ before birth



Reading and writing

Look at the conversation below.

Finish the sentences with a word from the box.

Then read the conversation with someone.



~~sick~~

vaccinations

smoke

appointment

food

checkup

alcohol

An (Male): I'm happy I told you about my hepatitis B virus.

Linh (Female): Yes but you don't look sick .

An (Male): I'm very healthy because I go to the doctor every 6 months for a _____ .

Linh (Female): That's good.

An (Male): I don't drink _____ .

I don't _____ .

I get exercise and eat healthy _____ .

Linh (Female): Is there anything I need to do so that I don't get it?

An (Male): Yes, you need to go to the doctor and have three _____ .

Linh (Female): I'll make an _____ tomorrow.