

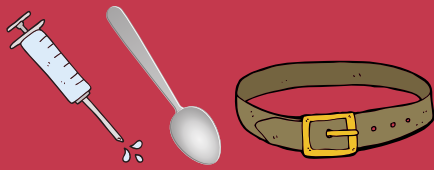
# ARE YOU AT RISK OF HEPATITIS B?

## 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



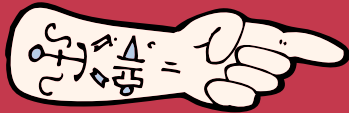
Sharing injecting equipment - needles, swabs, tourniquets etc



From mother to child during pregnancy (with no intervention)



Unsterile medical procedures overseas



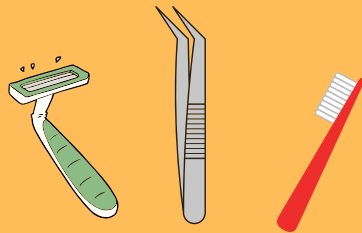
Sharing tattooing and piercing equipment - ink, needles etc

Unprotected sex - including vaginal and anal sex



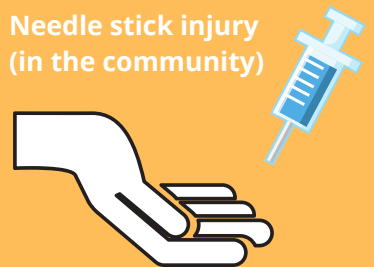
### LOW RISK

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

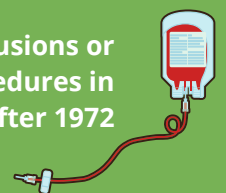


Hugging & kissing



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**

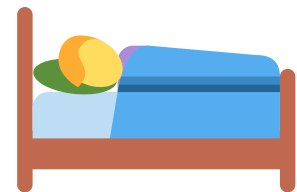
**GOOD FOR  
YOUR LIVER**



**DRINKS LOTS OF WATER**



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



**REST AND SLEEP**



**RELAX AND REGULAR  
EXERCISE**