

ARE YOU AT RISK OF HEPATITIS B?

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

HIGH RISK



Sharing needles or injecting equipment



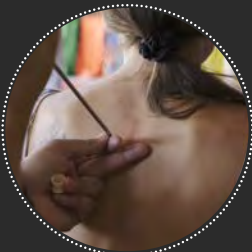
Giving birth



Having a tattoo or piercing done by a friend at home



Unprotected sex



Traditional practices or ceremonies

LOW RISK



Competing in MMA



Sharing toothbrushes, razors or clippers



Needle stick injury

B VACCINATED

There is a vaccination for hepatitis B. Adults have 3 jabs. Babies have 4 jabs just after birth.

Have a yarn about getting tested for hep B at your nearest clinic today.

B TESTED
B VACCINATED
B STRONGER

NO RISK



Sharing food, or eating food made by someone with hepatitis



Hugging, kissing or shaking hands



Being spat on



Having a blood transfusion in Australia



Washing someone, sharing toilets, showers and bathrooms

B STRONGER AND LOOK AFTER YOUR LIVER

**X BAD FOR
YOUR LIVER**



**Alcohol
and
smoking**

**Fatty or
sugary food**



**Some drugs,
medicine
and herbs**

Stress



**✓ GOOD FOR
YOUR LIVER**



**Drinking lots
of water**

**Eat healthy
food (low-fat,
low sugar), lots
of fruits,
veggies**



**Rest and
sleep when
tired**

**Exercise
regularly**



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