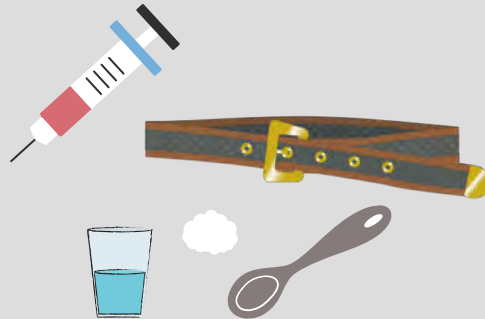


HOW DO YOU GET HEPATITIS C?

BLOOD-TO-BLOOD CONTACT!

HIGH
RISK



SHARING INJECTING DRUG
EQUIPMENT

EG. NEEDLES, SWABS, TOURNIQUETS,
FILTERS, SPOONS and WATER



SHARING TATTOOING AND
PIERCING EQUIPMENT OR INK

('BACKYARD' or PRISON TATS)

LOW
RISK



BLOOD-TO-BLOOD
CONTACT FROM FIGHTS



FROM MOTHER TO
CHILD DURING
PREGNANCY



NEEDLESTICK
INJURY



SHARING RAZORS, TOOTHBRUSHES,
TWEEZERS, NAIL CLIPPERS, HAIR CLIPPERS



UNPROTECTED SEX WHEN
THERE IS BLOOD
(USUALLY DURING ROUGH OR
ANAL SEX)

NO
RISK



SHARING FOOD, DRINKS,
PLATES, CUPS, KNIVES,
FORK, SPOON



SPITTING, COUGHING,
SNEEZING



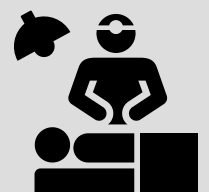
SHARING TOILETS,
SINKS, SHOWERS



HUGGING OR KISSING



BLOOD TRANSFUSIONS / MEDICAL
PROCEDURES IN AUSTRALIA AFTER 1990



HEPATITIS AND LOOKING AFTER YOUR LIVER

BAD FOR YOUR LIVER



ALCOHOL



FATTY OR SUGARY FOOD



SOME DRUGS, MEDICINE AND HERBS



SMOKING



STRESS

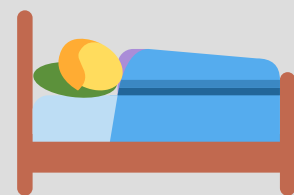
GOOD FOR YOUR LIVER



DRINKS LOTS OF WATER



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



REST AND SLEEP



RELAX AND REGULAR EXERCISE