

How do you get hep C?

Hep C is transmitted through blood to blood contact, including:



Sharing needles or injecting equipment



Getting a tattoo done at home or in prison

How do you get hep B?

Hep B is transmitted through blood to blood contact and sexual fluids, including:



Mums with hep B can pass it to their bubs at birth



Sharing needles or injecting equipment



Unprotected sex



Having a tattoo done at home or in prison



Traditional practices or ceremonies



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Liver health starts here



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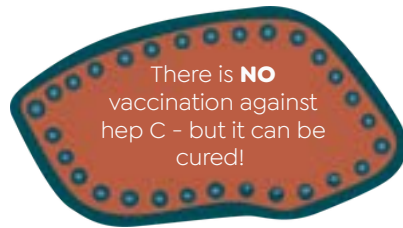
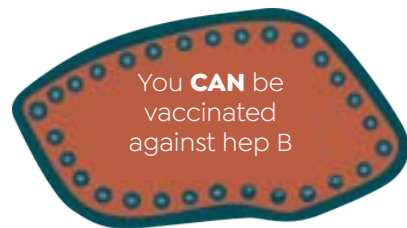
*When you look after your **liver**,
you're looking after your whole **mob**.*



What is hepatitis B and hepatitis C?

Hep B and hep C are viruses that cause your liver to become inflamed, which can cause damage to your liver.

If left untreated and unmonitored, they can cause chronic liver disease, cirrhosis (scarring of the liver) and liver cancer.



*When you look after your **liver**, you're looking after your whole **mob**.*

What are the symptoms?

Many people with hep B or C don't feel sick. If you do, you may feel:

Tired or down	Loss of appetite	Sore around your stomach or liver
Jaundice (yellowing of the skin and eyes)	Fever	Nausea (Like you're going to vomit)

The only way to know if you have hep B or hep C is to have a blood test



Looking after your liver

- Get tested if you think you're at risk of having hep B or hep C
- Eat healthy food
- Reduce or stop drinking alcohol
- Reduce or stop smoking
- Aim for 30 minutes of exercise per day



Ask to be tested for hep B and hep C as part of your sexual health check



Preventing hep B & hep C

The best way to prevent hep B and hep C is to:

- Avoid sharing injecting drug equipment
- Avoid activities where blood-to-blood contact occurs - like backyard or prison tattoos
- Practising safe sex



The best way to protect yourself and your mob from hep B is to be vaccinated.

ASK your doctor: Am I vaccinated against hep B?

Living with hep B

If you have hep B, you need a check-up from a doctor every 6 months.

Why?

Having hep B increases your risk of getting liver cancer. This is why it is so important to get regular check-ups.

A check-up will include a blood test and an ultrasound every 6 months.



Treating hep C

Treatment is simple:

- 95% chance of being cured
- Tablets (no injections) for 8 to 12 weeks
- Little to no side effects
- Covered by Medicare and Closing the Gap
- You can be treated more than once

You can have hep C more than once

Get tested every 12 months if you're at risk of hep C