

Further information

Hepatitis Victoria Infoline

Ph: 1800 703 003, Monday to Friday,

9.00am–5.00pm

Email: info@hepvic.org.au

Hepatitis Victoria website

hepvic.org.au

Liverwell

liverwell.org.au

Better Health Channel, Victorian Government

betterhealth.vic.gov.au

Find a service

Liver clinics

www.hepvic.org.au/LiverClinics

For our full range of services

www.hepvic.org.au/services

HEPATITISVICTORIA

Be HEP Aware HEPATITIS B

TEST, VACCINATE OR
Be in CONTROL



HEPVIC.ORG.AU/BEHEPAWARE

HEPVIC.ORG.AU/BEHEPAWARE

Who is at risk?

Hepatitis B can be spread:

- from mother to baby during birth
- through unsafe sexual contact
- through blood to blood contact.



Hepatitis B is a common, long-term illness that carries serious health risks.

Most people have no symptoms until it's too late and their liver is seriously damaged, leading to cirrhosis, liver failure or liver cancer.

You can stop the damage in its tracks.

TEST to find out

Hepatitis B is diagnosed by a blood test that's free if you have a Medicare card.

Ask your doctor today!

VACCINATE to prevent

If testing shows you don't have hepatitis B, you can prevent it in future with a safe and effective vaccine.

All babies, as well as people at risk through unsafe sex or blood-to-blood contact should be vaccinated.

CONTROL, and treat where necessary

There is no current cure for hep B, but liver damage can be slowed down or stopped with regular monitoring with your doctor (every 6-12 months), and in some cases, medication.

Stay healthy

- seek advice from a GP about treatment
- eat a healthy diet
- drink less alcohol
- get help to stop smoking
- reduce stress
- exercise regularly
- avoid alternative medicines unless advised by your GP or specialist, as some may be harmful to your liver

Protect your loved ones, and yourself

- encourage vaccination for family members and people in close contact with people who have hepatitis B
- practice safe sex (using a condom)
- be blood aware – avoid contact with someone else's blood
- don't share injecting equipment
- don't share toothbrushes, razors or nail clippers
- get advice from your GP if your job might expose you to hepatitis B

