

Melbourne's West

## Further information

### Hepatitis Victoria Infoline

Ph: 1800 703 003, Monday to Friday,  
9.00am–5.00pm

### Hepatitis Victoria website

[hepvic.org.au](http://hepvic.org.au)

### Liverwell

[liverwell.org.au](http://liverwell.org.au)

### Better Health Channel, Victorian Government

[betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)

## Find a service

### Liver clinics

[www.hepvic.org.au/LiverClinics](http://www.hepvic.org.au/LiverClinics)

### For our full range of services

[www.hepvic.org.au/services](http://www.hepvic.org.au/services)

## Liver Clinics in the West

### Western Health – Footscray

For an appointment, please visit your GP to  
request an appointment to be faxed to  
03 8345 6856

For phone enquiries call 03 8345 6490

### cohealth – 78 Paisley Street, Footscray

For an appointment, call 03 8398 4100

### cohealth – 12 Gower Street, Kensington

For an appointment, call 03 8378 1600

**HEPATITIS**VICTORIA

# Be HEP Aware

## HEPATITIS B

TEST, VACCINATE OR  
Be in CONTROL



[HEPVIC.ORG.AU/BEHEPAWARE](http://HEPVIC.ORG.AU/BEHEPAWARE)

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## 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

