

HOW DO YOU GET HEPATITIS B?

You can get hep B from blood-to-blood or sexual contact

HIGH RISK



Sharing needles or injecting equipment



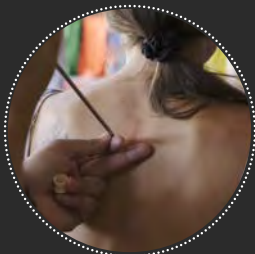
Mums with hep B can pass it on to their bubs at birth



Having a tattoo or piercing done by a friend at home



Unprotected sex



Traditional practices or ceremonies

LOW RISK



Competing in contact sports



Sharing toothbrushes, razors or clippers



Needle stick injury

B VACCINATED

There is a life-long vaccination for hepatitis B. Adults have 3 jabs. Bubs have 4 jabs just after birth.

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

BTESTED
BVACCINATED
BSTRONGER

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

BAD FOR YOUR LIVER



**Alcohol
and
smoking**

**Fatty or
sugary food**



**Some drugs,
medicines
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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