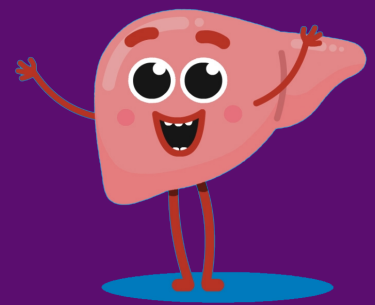


LIVER HEALTH AND COVID-19 FREQUENTLY ASKED QUESTIONS



HEPATITISVICTORIA
LiverWELL

WHAT ARE THE RISKS OF CORONAVIRUS (COVID-19) FOR PEOPLE LIVING WITH HEPATITIS B OR HEPATITIS C?

Currently, there is no evidence that indicates people who are healthy and living with hepatitis B or C are at a higher risk of being infected by COVID-19. However, if you are living with hepatitis B or C and have any other conditions such as high blood pressure, diabetes or advanced liver disease (cirrhosis) then you are at an increased risk of developing serious illness if you get COVID-19.

The following group of people are at a higher risk of developing serious illness from COVID-19:

- Elderly people (over the age of 70)
- People with a weak immune system
- People from Aboriginal and Torres Strait Islander cultural background
- People with chronic medical conditions

WILL CORONAVIRUS (COVID-19) MEAN ANY CHANGE TO TREATMENT AND CARE FOR HEPATITIS B OR HEPATITIS C?

If you are currently taking medication due to your hepatitis B or C condition, you should not stop the medication, unless your doctor has advised you to. Currently prescriptions are restricted to a one month supply only. Therefore, it is important that you plan on getting your medication on time.

It is important that you check in with your healthcare provider about arrangements for your upcoming appointments and liver check ups. Some healthcare facilities are establishing telehealth consultations. Remember to continue with your 6 monthly liver check ups and schedule them in advance with your healthcare provider.

WHAT CAN YOU DO TO PROTECT YOURSELF FROM CORONAVIRUS (COVID-19) IF YOU HAVE HEPATITIS B OR HEPATITIS C?

Ensure that you are following the same practices that have been advised for the general population to prevent the spread of COVID-19.

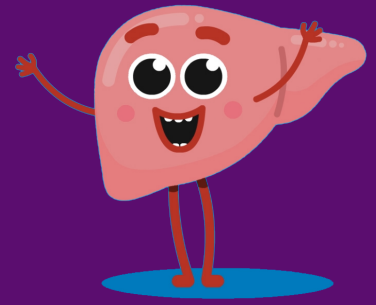
These include:

- Avoid close contact with people who are sick.
- Do not touch your nose, eyes, and mouth if you have not washed your hands.
- Wash your hands with soap and water for at least 20 seconds.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Check the label to confirm the amount of alcohol.

If you have been in contact with someone who has recently returned from overseas or think you may have been exposed to COVID-19, then you should contact your doctor. It is important that you phone the clinic before attending and they will advise you what you should do.

IF YOU SUSPECT YOU HAVE COVID-19 CALL THE 24/7 AUSTRALIAN GOVERNMENT
DEDICATED HOTLINE ON 1800 675 398

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SHOULD I TAKE THE FLU VACCINE IF I HAVE HEPATITIS B OR C?

The flu vaccine is recommended for anyone that would like to protect themselves from influenza. It is highly recommended to be taken by people who have medical conditions as it can reduce their risk of developing serious illness. The flu vaccine is funded for people with chronic liver disease. Please speak with your doctor about the flu vaccine and you can phone your healthcare service to find out about the vaccination availability before going.

IS THE HEPATITIS B VACCINATION AVAILABLE?

Yes, the hepatitis B vaccination is available, please speak to your doctor at your next appointment about the hepatitis B vaccine. It is advisable to phone your healthcare service and inquire about the availability of the hepatitis B vaccine and scheduling an appointment before going to the healthcare facility.

ARE THERE ANY TIPS FOR STAYING HEALTHY?

The free LiverWeLL app developed by Hepatitis Victoria has lots of tips on how to keep your liver healthy:

- Eating well: Cut back on foods that are high in fat and sugar
- Getting active: Add any form of exercise into your daily routine
- Feeling well: Take care of yourself emotionally, spiritually and physically
- Drink Aware: Limit alcohol intake



FOR FURTHER INFORMATION ABOUT CORONAVIRUS (COVID-19), VISIT THE FOLLOWING WEBSITES:

<https://www.dhhs.vic.gov.au/coronavirus>
<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>
<https://www.smartraveller.gov.au/>
<https://www.healthdirect.gov.au/coronavirus>
https://www.who.int/health-topics/coronavirus#tab=tab_1

For multilingual translated information about Coronavirus (COVID-19), visit the following website:
<https://www.healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentEnglishResource?Open&x=&s=Coronavirus>

CONTACT US FOR ANY FURTHER INFORMATION:

Infoline: **1800 703 003**

Email: **info@hepvic.org.au**

Websites: <https://www.hepvic.org.au/> and <http://www.liverwell.org.au/>

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Prepared on: 07/04/2020

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