

Hepatitis means 'inflammation of the liver', and can be caused by many things – viruses, alcohol, certain drugs, fatty liver, or autoimmune disease. Viral hepatitis is the most common cause of liver inflammation (including hep B or C).

Viral hepatitis causes cells of the liver to be damaged – over time, inflammation can cause scarring of the liver, and in the long term liver cancer.

- Hepatitis C can be transmitted when the blood of a person living with hep C enters the bloodstream of another person. In Australia, most hepatitis C is transmitted through sharing injecting equipment, or unsterile tattooing and piercing.
- Hepatitis B can be transmitted (passed from one person to another) when the blood, semen or vaginal fluids of a person living with hepatitis B enters the bloodstream of another person. It can also be transmitted from a mother who has hepatitis B to her baby during birth. In Australia, hepatitis B is usually transmitted through unprotected sex, sharing injecting equipment, or from mother to baby at birth.
- Sharing personal items that might have blood on them can put you at risk of contracting hepatitis B or hepatitis C. These items might be injecting equipment, shaving equipment and toothbrushes.
- Hepatitis B and hepatitis C cannot be transmitted through: touching; shaking hands; hugging; kissing; sharing cups, plates and utensils; coughing and sneezing; mosquitoes; sharing toilets.

There are plenty of people who you can talk to about hepatitis B and hepatitis C. Sometimes it can be helpful talking to family or friends, if you feel confused or upset.

Health workers, counsellors, youth workers and other professionals will be able to help you find specialist information if they don't know the information themselves. Here are some ideas of places to go and people to talk to if you've got more questions or need some help:

- LiverLine **1800 703 003** or visit **liverwell.org.au**
- Your local GP
- Directline – confidential alcohol and drug counselling and referral **1800 888 236**
- The Better Health Channel – **www.betterhealth.vic.gov.au**

B	I	N	G	O
Testing	Treatment	Blood Test	Symptoms	Toothbrush
Injecting Equipment	Inflammation	Tattooing	Confidential	Risk
Cure	Liver	LiverWELL	Sex	Condom
Doctor	Cirrhosis	Alcohol	Cancer	Hepatitis C
Hepatitis B	Family & Friends	Mother to Baby	Blood to Blood	Stigma

B	I	N	G	O
Treatment	Education	Injecting Equipment	Tattooing	Risk
Liver	Sex	Stigma	Cancer	Hepatitis B
Mother to Baby	Chronic	LiverWELL	Safe	Confidential
Support	Family & Friends	Vaccination	Testing	Blood Test
Blood to Blood	Hepatitis C	Prevention	Symptoms	Condom

B	I	N	G	O
Education	Prevention	Family & Friends	Vaccination	Support
Monitoring	Confidential	Ask for Help	Safe	Risk
Kissing	Chronic	LiverWELL	Blood to Blood	Mother to Baby
Cure	Hepatitis B	Hepatitis C	Cancer	Alcohol
Cirrhosis	Condom	Sex	Doctor	Liver

B	I	N	G	O
Testing	Blood Test	Toothbrush	Inflammation	Sharing Food
Cure	Doctor	Condom	Alcohol	Prevention
Vaccination	Cancer	LiverWELL	Hepatitis B	Mother to Baby
Chronic	Safe	Confidential	Support	LiverLine
Family & Friends	Hepatitis C	Treatment	Injecting Equipment	Blood to Blood

B	I	N	G	O
LiverLine	Doctor	Sex	Condom	Cirrhosis
Alcohol	Cancer	Hepatitis C	Hepatitis B	Cure
Mother to Baby	Blood to Blood	LiverWELL	Chronic	Kissing
Safe	Ask for Help	Confidential	Monitoring	Support
Vaccination	Family & Friends	Prevention	Education	Injecting Equipment

B	I	N	G	O
Safe	Kissing	Injecting Equipment	Blood to Blood	Mother to Baby
Cure	Hepatitis B	Hepatitis C	Cancer	Stigma
Cirrhosis	Condom	LiverWELL	Sex	Doctor
Liver	Testing	Treatment	LiverLine	Vaccination
Tattooing	Confidential	Monitoring	Prevention	Chronic

B	I	N	G	O
Alcohol	Cancer	Cure	Prevention	Testing
Symptoms	Vaccination	Family & Friends	LiverLine	Risk
Treatment	Chronic	LiverWELL	Liver	Condom
Sex	Blood Test	Confidential	Ask for Help	Blood to Blood
Monitoring	Injecting Equipment	Doctor	Stigma	Education

B	I	N	G	O
Cancer	Mother to Baby	Hepatitis C	Tattooing	Cure
Symptoms	Inflammation	Toothbrush	Kissing	Sex
Condoms	Blood to Blood	LiverWELL	Ask for Help	Doctor
Prevention	Education	Chronic	Testing	Treatment
Blood Test	Monitoring	Family & Friends	LiverLine	Liver

B	I	N	G	O
Risk	Cure	Vaccination	Blood to Blood	Testing
Support	Prevention	Education	Monitoring	Confidential
Doctor	Symptoms	LiverWELL	Injecting Equipment	Sex
Condom	Tattooing	Alcohol	Cirrhosis	Hepatitis C
Toothbrush	Cancer	Blood to Blood	Safe	Ask for Help

B	I	N	G	O
Doctor	Cancer	Confidential	Vaccination	Sharing Food
Testing	Inflammation	Risk	Kissing	Support
LiverLine	Education	LiverWELL	Blood Test	Hepatitis C
Liver	Sex	Mother to Baby	Tattooing	Cure
Blood to Blood	Monitoring	Prevention	Chronic	Family & Friends

B	I	N	G	O
Education	Treatment	Blood to Blood	Injecting Equipment	Risk
Sex	Condoms	Doctor	Cancer	Chronic
Liver	Testing	LiverWELL	Alcohol	Hepatitis C
Tattooing	Monitoring	Family & Friends	Vaccination	Support
Confidential	Prevention	Blood Test	Symptoms	Cirrhosis

B	I	N	G	O
Hepatitis C	Hepatitis B	Blood Test	Symptoms	Injecting Equipment
Cancer	Ask for Help	Monitoring	Family & Friends	Vaccination
Prevention	Education	LiverWELL	Doctor	Confidential
Support	Liver	Chronic	Blood to Blood	Sex
Condoms	Risk	Cure	Safe	Inflammation

B	I	N	G	O
Hepatitis C	Injecting Equipment	Inflammation	Tattooing	Sharing Food
Cancer	Doctor	Monitoring	Ask for Help	Vaccination
Education	Prevention	LiverWELL	Family & Friends	Confidential
Support	Liver	Sex	Chronic	Blood to Blood
Condoms	Cure	Hepatitis B	Mother to Baby	LiverLine

B	I	N	G	O
Cancer	Hepatitis C	Hepatitis B	Education	Prevention
Injecting Equipment	Blood to Blood	Testing	Treatment	Blood Test
Doctor	Confidential	LiverWELL	Liver	Risk
Cure	Safe	Ask for Help	Support	Monitoring
Condoms	Chronic	Vaccination	Toothbrush	Inflammation

B	I	N	G	O
Alcohol	LiverLine	Support	Confidential	Monitoring
Injecting Equipment	Condoms	Hepatitis B	Family & Friends	Vaccination
Hepatitis C	Liver	LiverWELL	Ask for Help	Prevention
Education	Doctor	Tattooing	Sex	Symptoms
Mother to Baby	Risk	Cure	Blood Test	Inflammation

B	I	N	G	O
Cancer	Monitoring	Blood Test	Ask for Help	Kissing
Hepatitis C	Cirrhosis	Family & Friends	Vaccination	Testing
Stigma	Prevention	LiverWELL	Doctor	Sex
Confidential	Condoms	Liver	Blood to Blood	Cure
Risk	Alcohol	Injecting Equipment	Mother to Baby	LiverLine

B	I	N	G	O
Doctor	Chronic	Stigma	Testing	Cure
Confidential	Ask for Help	Symptoms	Hepatitis C	Support
Vaccination	Education	LiverWELL	Family & Friends	Monitoring
Injecting Equipment	Cancer	Prevention	Blood to Blood	Sex
Condoms	Hepatitis B	Cirrhosis	Safe	Sharing Food

B	I	N	G	O
Sex	Injecting Equipment	Testing	Symptoms	Hepatitis C
Cancer	Confidential	Treatment	Ask for Help	Support
Vaccination	Prevention	LiverWELL	Cure	Family & Friends
Blood Test	Liver	Monitoring	Hepatitis B	Condoms
Cirrhosis	Education	Blood to Blood	Safe	Kissing

B	I	N	G	O
Testing	Treatment	Stigma	Cure	Injecting Equipment
Elimination	Vaccination	Risk	Family & Friends	Support
Symptoms	Prevention	LiverWELL	Blood to Blood	Sex
Doctor	Condoms	Liver	Hepatitis B	Hepatitis C
LiverLine	Confidential	Safe	Ask for Help	Chronic

B	I	N	G	O
Stigma	Injecting Equipment	LiverLine	Cure	Risk
Blood to Blood	Monitoring	Alcohol	Vaccination	Cancer
Tattooing	Education	LiverWELL	Chronic	Prevention
Doctor	Confidential	Liver	Safe	Inflammation
Testing	Treatment	Hepatitis C	Hepatitis B	Family & Friends

B	I	N	G	O
Sex	Risk	Condoms	Cirrhosis	Alcohol
Cancer	Hepatitis C	Hepatitis B	Cure	Mother to Baby
Blood to Blood	Kissing	LiverWELL	Ask for Help	Confidential
Monitoring	Support	Vaccination	Family & Friends	Prevention
Stigma	LiverLine	Elimination	Education	Injecting Equipment

B	I	N	G	O
Education	Elimination	LiverLine	Stigma	Prevention
Family & Friends	Sex	Condoms	Cure	Hepatitis C
Hepatitis B	Blood to Blood	LiverWELL	Liver	Kissing
Treatment	Confidential	Monitoring	Vaccination	Cirrhosis
Ask for Help	Injecting Equipment	Doctor	Inflammation	Testing

B	I	N	G	O
Education	LiverLine	Prevention	Stigma	Family & Friends
Support	Confidential	Safe	Chronic	Mother to Baby
Hepatitis B	Cancer	LiverWELL	Liver	Condoms
Doctor	Cure	Monitoring	Inflammation	Toothbrush
Blood Test	Testing	Kissing	Vaccination	Blood to Blood

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Treatment	Symptoms	Injecting Equipment	Tattooing	Risk
Liver	Sex	Cirrhosis	Cancer	Hepatitis B
Hepatitis C	Cure	LiverWELL	Kissing	Ask for Help
Blood to Blood	Vaccination	Education	Elimination	Stigma
Monitoring	Doctor	Confidential	Testing	LiverLine

B	I	N	G	O
Treatment	Alcohol	Toothbrush	Risk	Elimination
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