

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 liverwell.org.au
- Your local **GP**
- **The Better Health Channel** betterhealth.vic.gov.au
- **Kids Helpline** 1800 55 1800 kidshelpline.com.au
- **NURSE-ON-CALL** 1300 60 60 24
- **Youth Drugs and Alcohol Advice** yodaa.org.au
1800 458 685

Source data:

LiverWELL (2024), 'Hepatitis B', retrieved from <https://liverwell.org.au/liver-conditions/hepatitis-b/>

LiverWELL (2024), 'Hepatitis C', retrieved from <https://liverwell.org.au/liver-conditions/hepatitis-c/>

Viral Hepatitis True or False

FLASH CARDS

Instructions:

Set up:

- Place the 'True' or 'False' category cards in the middle
- Shuffle the flashcards
- Evenly distribute the flashcards to each person or group **with the answers face down and the question/prompt facing up.**

How to play:

- Going around each person/group, participants are to place their cards on either the true or false categories.
- Read the prompt aloud to the group. This can be done one by one, or all at once.
- Continue until all prompt cards (or the person/group's cards) are depleted.
- At the end, flip the cards to reveal the answers. Read out the answers and find out which were correct and incorrect.

You can also choose to see who can get the most correct answers as a team or individual.