

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/>

HEPATITIS BINGO

Explore liver health through creativity. Practice your knowledge about viral hepatitis.

How to win:

- Play ends when someone scores 'BINGO' when 5 words are crossed out in a row or diagonally.

Set up:

- Have a whiteboard marker (or an erasable marker) ready. Alternatively, you can use 'Bingo chips' to mark words.
- Each person (or team) is given a Hepatitis Bingo sheets. There are 25 Hepatitis Bingo sheets.

How to play:

1. One person will be the 'Caller'. In Bingo, the caller is the person that reads out the words that determine which squares get covered on everyone's Hepatitis Bingo sheets.
2. Listen carefully to the viral hepatitis words being called out each round.
3. If a word on your bingo sheet has been called out by the Caller, cross out the word on your Hepatitis Bingo sheet. If the Caller didn't call any of your words, wait for the next round of words to be called out.
4. Shout 'Bingo' if you have crossed out 5 viral hepatitis words in a row or diagonally.

Take a moment to reflect on what word was called out.