

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](http://liverwell.org.au)
- Your local **GP**
- **The Better Health Channel** [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)
- **Kids Helpline** 1800 55 1800 [kidshelpline.com.au](http://kidshelpline.com.au)
- **NURSE-ON-CALL** 1300 60 60 24
- **Youth Drugs and Alcohol Advice** [yodaa.org.au](http://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/>





# BLOOD TO BLOOD





# BLOOD TRANSFUSION

(donating blood or giving blood)





**KISSING**





# MOTHER TO BABY AT BIRTH





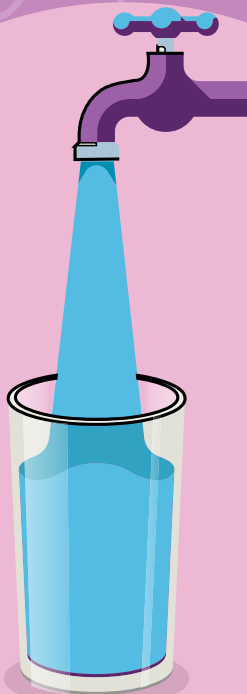
# SHARING DRINKS





# TOOTHBRUSHES AND RAZORS





**WATER**







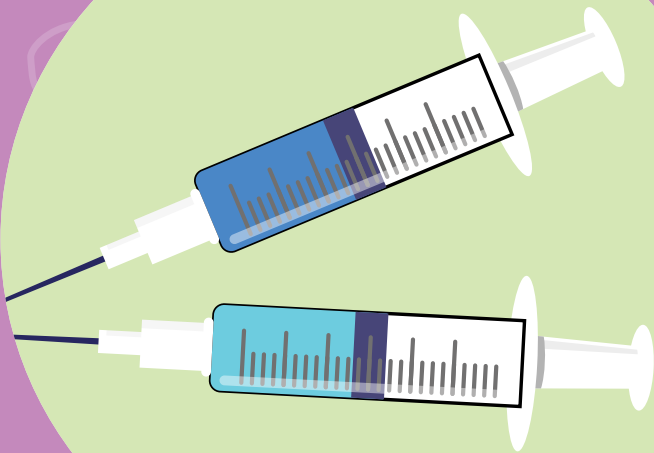
## SHARING FOOD





**SNEEZING OR  
COUGHING**





# NEEDLES





# ALCOHOL, BEER AND WINE





# BREASTFEEDING





# FINGERPRICK





# SEX WITH A CONDOM





# SEX WITHOUT A CONDOM







# MOSQUITOES





**HOLDING HANDS  
OR HUGGING**





# TOILETS





# RIVER WATER





**FIGHTING**





# TATTOOING





# SNORTING PRACTICES





# WORKPLACE EXPOSURE







PIERCING

