

## Hepatitis A, B & C

### What if I have it?

A health clinic or doctor can do a test for hepatitis. They will take a small amount of blood and test for hepatitis A, B or C.

### Hepatitis B - people you have sex with.

If you have the hepatitis B virus it's best to check that your partner and all household members have been vaccinated too. Always use condoms and lube to protect you and others.

### What if I don't get treated or don't know I've got it?

Hep B and C infection can stay in your body and may damage your liver. This can lead to liver disease, liver failure or cancer.

### The future

Get vaccinated for hepatitis A and B.

If you have hepatitis B or C talk to your doctor about regular checkups and treatment.

## Be blood aware. Don't share a bloody thing!

Having men's and women's health checks every year and using condoms and lube will keep you healthy and strong.

**Go to the clinic for a check up,  
a list of good places to go is  
on the back.**

## Where to get help

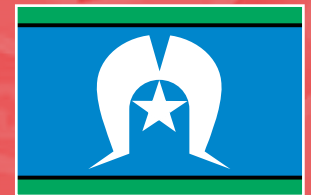
All the services listed will give you private help and are free:

|  |  |
|--|--|
| Aurukun Primary Health Care Centre<br>Ph: (07) 4060 6133   | Malakoola Primary Health Care Centre Napranum<br>Ph: (07) 4069 7459      |
| Bamaga Sexual Health Clinic<br>Ph: (07) 4090 4219  | Mamu Health Service Innisfail<br>Ph: (07) 4061 4477                      |
| Cairns Sexual Health Service<br>Ph: (07) 4226 4769   | Midin Clinic Atherton<br>Ph: (07) 4091 6103                              |
| Coen Primary Health Care Centre<br>Ph: (07) 4060 1166  | Mt Isa District Sexual Health Service<br>Ph: (07) 4744 4805              |
| Gurriny Yealamucka Yarrabah<br>Ph: (07) 4056 0100  | Mulungu Aboriginal Medical Centre Mareeba<br>Ph: (07) 4092 3428          |
| Hope Vale Primary Health Care Centre<br>Ph: (07) 4060 9171   | Palm Island Sexual Health Service<br>Ph: (07) 4752 5100                  |
| Injilinj Youth Health Mt Isa<br>Ph: (07) 4749 5276   | Pormpuraaw Primary Health Care Centre<br>Ph: (07) 4060 4233              |
| Kowanyama Primary Health Care Centre<br>Ph: (07) 4060 5133   | Thursday Island Men's and Women's Health<br>Ph: (07) 4069 0413           |
| Laura Primary Health Care Centre<br>Ph: (07) 4060 3320   | Townsville Aboriginal and Islander Health Services<br>Ph: (07) 4759 4000 |
| Lockhart River Primary Health Care Centre<br>Ph: (07) 40607155                                       | Townsville Sexual Health Service<br>Ph: (07) 4778 9600                   |
| Mackay Aboriginal & Torres Strait Islander Community Controlled Health Service<br>Ph: (07) 4957 9400 | Weipa Sexual Health Program<br>Ph: (07) 4082 3647                        |
| Mackay Sexual Health Service<br>Ph: (07) 4968 3919   | Wuchopperen Health Service<br>Ph: (07) 4080 1000                         |
| Mapoon Primary Health Care Centre<br>Ph: (07) 4090 9174  | Wujul Wujul Primary Health Care Centre<br>Ph: 4060 8239                  |

**CONTACT YOUR LOCAL HEALTH CENTRE**  
Please place Clinic Stamp/Address here:



# HEPATITIS



Please do not litter

# Hepatitis A

## What is it?

Hepatitis A is an infection of the liver caused by the hepatitis A virus. It is usually a mild disease that lasts for a few weeks.

## How do you get it?

Hepatitis A germs must get into the mouth and be swallowed to cause infection. It can happen through:

- not washing your hands after going to the toilet or touching goonna or kuma of someone with hepatitis A.
- eating food or drinking water that has been spoiled by sewage
- licking the bum of a person with hepatitis A

## Signs and symptoms

Many people don't get symptoms - particularly children.

Hepatitis A symptoms are:

- a flu like illness
- fever
- tired
- joint pain
- nausea (belly sick)
- vomiting for 4-10 days then the person gets jaundice (yellow skin and eyes)
- pale goona/kuma and dark urine (pee) which lasts for 1-3 weeks

## Prevention

- vaccinate all children and adults at increased risk
- wash hands after toilet, before and after preparing food, and after sex
- wash hands after changing nappies

## Treatment

- see a doctor if you feel crook
- drink lots of water
- rest
- don't eat fatty foods
- stay away from grog

# Hepatitis B

## What is it?

Hepatitis B is an infection of the liver caused by the hepatitis B virus. It can be mild or severe and can last for weeks or many years. It can lead to liver disease or liver cancer.

## How do you get it?

You can get hepatitis B through sexual or blood to blood contact with a person who has hep B. If a pregnant mother has hep B it can be passed onto the baby.

If you get hep B as a baby or a young child you are more likely to have it for life. If you get hep B as an adult you are more likely to only have it for a short time.

## Signs and symptoms

30-50% of adults get symptoms. Children usually don't get symptoms.

Hepatitis B symptoms are:

- flu-like symptoms
- tiredness
- joint pain
- right upper belly pain
- may get yellow skin
- nausea
- pale goonna/ kuma, dark urine (pee)

## Prevention

Hepatitis B has a vaccine (needle), for prevention.

- vaccinate all children and adults at increased risk
- don't share tattoo or piercing equipment
- don't share razors or toothbrushes
- have safe sex – use condoms and lube
- cover cuts and sores
- don't share injecting equipment

Get vaccinated! Free to Aboriginal and Torres Strait Islander people.

## Treatment

Treatment is sometimes recommended for people who have hepatitis B. Talk to the doctor.

Hepatitis B immunoglobulin and hepatitis vaccine is recommended immediately for babies of mothers who have hep B but this must be given within 12 hours of birth.

# Hepatitis C

## What is it?

Hepatitis C is an infection of the liver caused by the hepatitis C virus. It is a slow acting virus which sometimes leads to liver damage, liver failure or cancer.

## How do you get it?

You can get hepatitis C through blood to blood contact such as sharing injecting, piercing and tattooing equipment with a person who has hep C.

If you have ever injected drugs or been in prison, have a hep C test.

## Signs and symptoms

- generally there are NO symptoms at all
- may develop vomiting
- right side belly and back pain
- always tired

## Prevention

There is no vaccination for hepatitis C

- don't share tattooing or piercing equipment
- don't share razors or toothbrushes
- don't share injecting equipment
- use Needle and Syringe Program and dispose of all injecting equipment safely

## Treatment

Treatment is available - talk to your doctor or clinic.