



Living Well with Hepatitis B

Written by Elene Claire
& Hepatitis Queensland
Illustrations by Julie Haysom

HEPATITISVICTORIA

HEPATITIS VICTORIA

Suite 5, 200 Sydney Road,
Brunswick VIC 3056
Infoline: 1800 703 003
www.hepvic.org.au

First published by Hepatitis Queensland in 2017, funded by the
Commonwealth Department of Health through Hepatitis Australia
This edition is published by Hepatitis Victoria, 2018
Written by Elene Claire and Hepatitis Queensland
Illustrations by Julie Haysom
Book design by Matt O'Sullivan

Copyright © 2018

The Australian Copyright Act 1968 allows for a maximum of one chapter or 10% of this book, whichever is greater, to be copied by an educational institution for its educational purposes provided that the educational institution (or body that administers it) has given a remuneration notice to Copyright Agency Limited (CAL) under the Act. For details of the CAL licence for educational institutions contact Copyright Agency Limited. Inquiries regarding copying for other purposes should be made to the publisher.

The pages in this book are intended for reproduction in quantities sufficient for classroom use. Permission is hereby granted to the purchaser to reproduce each of these pages in quantities suitable for non-commercial classroom use.

Printed in Australia using environmentally responsible FSC certified paper.



A catalogue record for this
book is available from the
National Library of Australia

CONTENTS



Cooking at the school

3



Ayanda is pregnant

12



An and Linh want to get married

21



Karim and his team

29

Further information and support

HEPATITISVICTORIA

Hepatitis Victoria offers a free Infoline, resources and support for people living with hepatitis B and hepatitis C.

Phone: **(03) 9380 4644**
Infoline: **1800 703 003**
www.hepvic.org.au

Health Translations

Translated information about
health and wellbeing

Health Translations is an online service that people can access for information on hepatitis B and hepatitis C in different languages.

www.healthtranslations.vic.gov.au



Telephone Interpreting Service (TIS National) is a government service that provides access to interpreting services in different languages.

Phone: **131 450**
Private medical practitioners can contact **1300 131 450**
www.tisnational.gov.au



Cooking at the school



Ling is helping with cooking at her children's school. There will be a big festival at the school on Saturday.

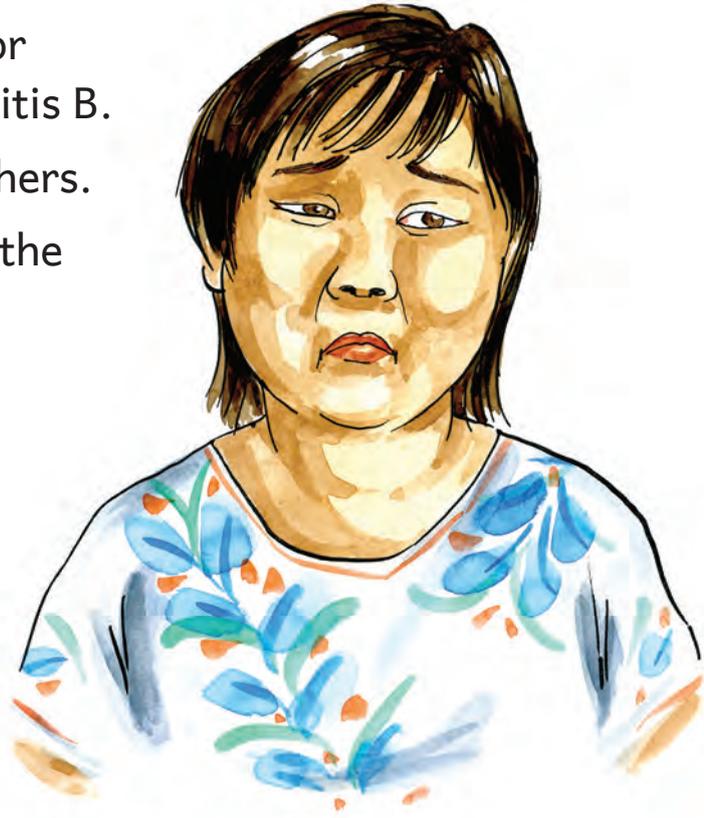
She sees Chen outside.

“Chen can you help us with the food?
We need some help cooking”.



Chen looks sad.

“I can’t Ling. I saw my doctor yesterday and I have hepatitis B. I don’t want to give it to others. Maybe they will get it from the food I cook”.





Ling smiles at Chen.

“That’s not right Chen.

You can still cook and share food if you have hepatitis B”.

You cannot catch hepatitis B from:



Sharing food and drinks



Sharing plates and cutlery



Touching or kissing



Coughing or sneezing

Chen looks at Ling,

“How do you know all this Ling?”



Ling says,

“I have hepatitis B too.
I have had it since I
was born.

Many people from our
country have hepatitis B.
You do not need to
be ashamed”.

I'm not sick and I keep my liver healthy.



I always eat healthy food.

I exercise regularly.



I visit my doctor every six months for a checkup.

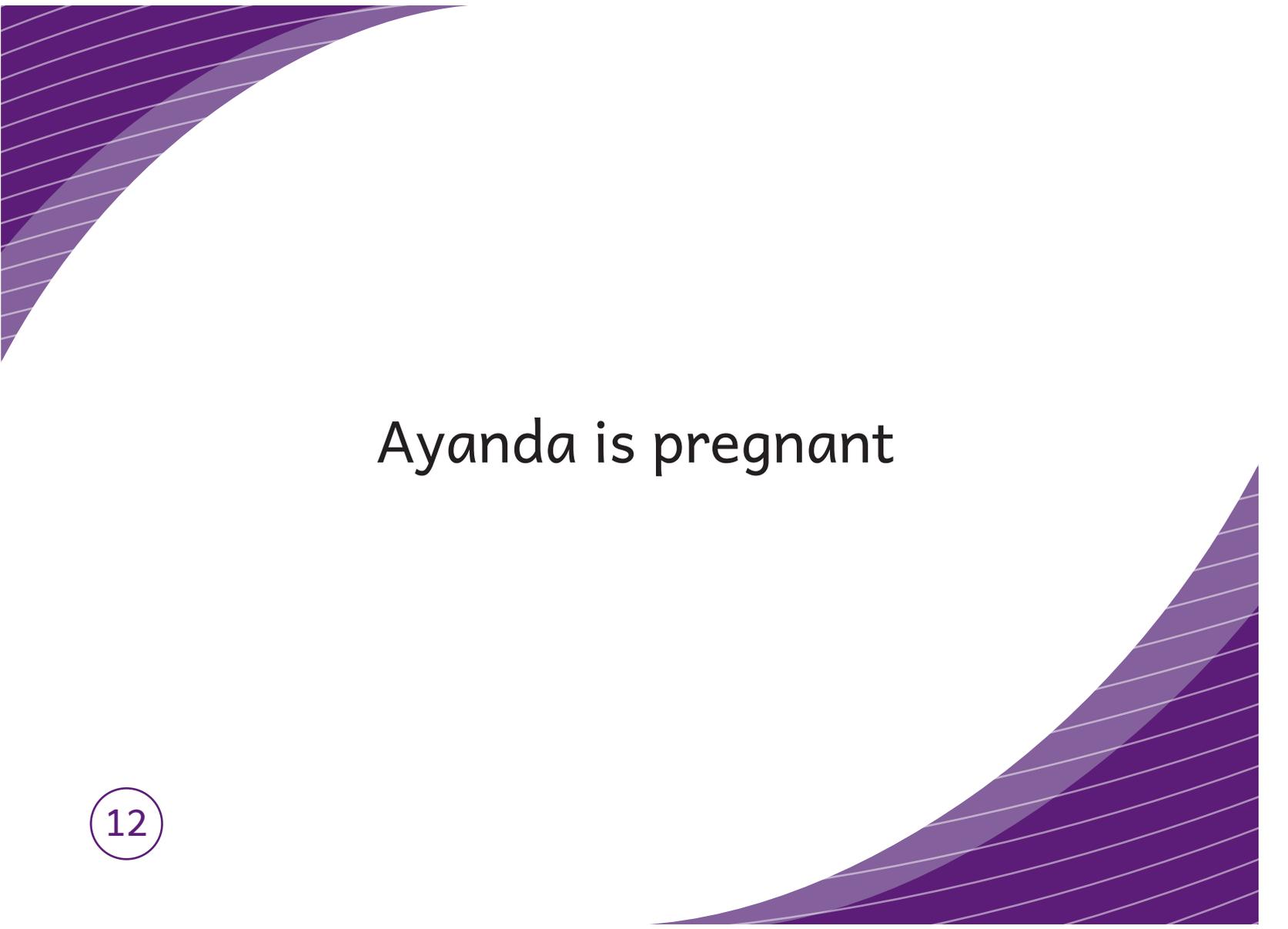
I take medicine every day so my liver does not get sick.
Not everyone will need medicine, your doctor
will decide when it is right for you.



Chen says,

“Thank you for telling me Ling, now I feel a lot better”.

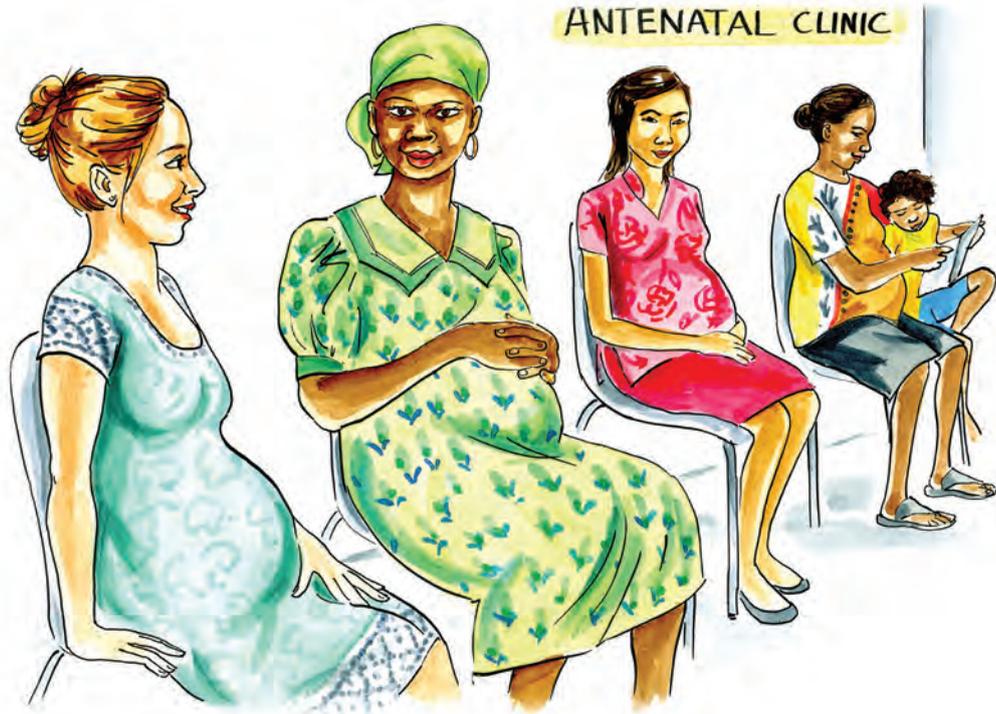




Ayanda is pregnant

12

Ayanda is from Africa and she is pregnant.
She goes to an antenatal class with other new mothers.



Today the nurse is talking about staying healthy.

Nurse: Some of you come from countries where many people have the hepatitis B virus.

If you don't know, ask your doctor for a hepatitis B blood test.

If you have hepatitis B, your baby can get it from you when they are born.



Ayanda: How do we stop this?

Nurse: While you are still pregnant, your doctor might start you on medicine. Not everyone will need medicine, your doctor will decide if it is right for you.

After your baby is born, it will need two vaccinations to protect it from hepatitis B.

The baby must have these vaccinations before it is 12 hours old.

Your baby will also need to have three more vaccinations for hepatitis B.

This will keep your baby safe.



If you have hepatitis B you should talk to the doctor and the nurses, so you get good care for you and your baby.





Ayanda: Is breastfeeding safe?

Nurse: Yes it is safe.
Your baby will not get
hepatitis B from your
breast milk.



If you have hepatitis B, even if you do not feel sick, it is very important to visit your doctor every six months for a checkup.

Some people do not need medicine.

If you need it, you will have to take one tablet every day, even if you feel well.

This will help your liver to stay healthy.



If you or a family member have hepatitis B they should:



Avoid drinking alcohol



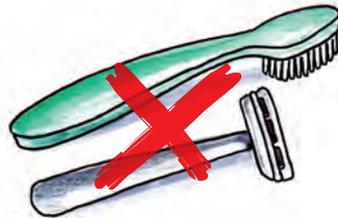
Eat healthy foods



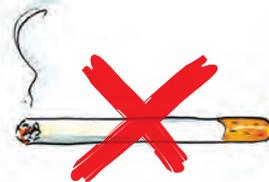
Get regular exercise and keep active



Stay a healthy body weight



Don't share razors and toothbrushes



Don't smoke

We are lucky we live in Australia where there is good information and treatment for hepatitis B.



The slide features decorative purple curved shapes in the corners. The top-right corner has a shape that curves from the top edge towards the right edge. The bottom-left corner has a shape that curves from the left edge towards the bottom edge. Both shapes are filled with a gradient of purple and contain thin, white, parallel diagonal lines.

An and Linh want to get married



An and Linh want to get married.

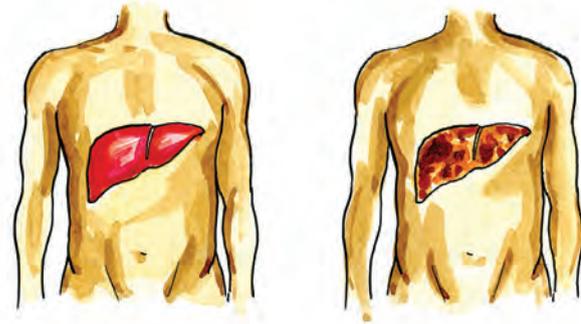
An tells Linh: “I have something to tell you.
I have hepatitis B”.



Linh is shocked. “But you don’t look sick”.

An says, “Many people can have hepatitis B and not feel sick because the virus is ‘asleep’ in the liver.

But the virus can ‘wake up’ and make them very sick”.

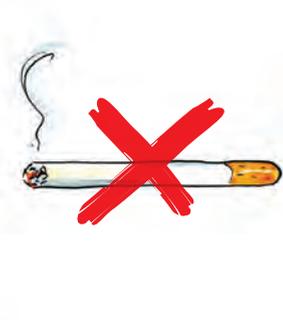


“I am very healthy because I visit my doctor every six months for a checkup”.

I don't drink alcohol.



I don't smoke.



I exercise and eat healthy food.

Linh says, “Is there anything I have to do?”



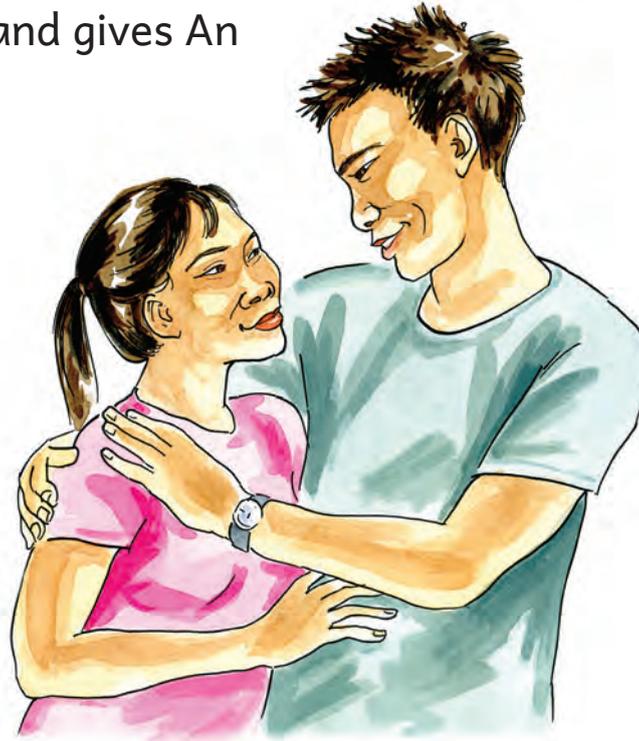
An says, “You need to have three vaccinations for hepatitis B”.





“Until you are vaccinated, we will need to use a condom when we have sex”.

Linh smiles and gives An a big hug.



“I love you, thank you for telling me.
I will go to the doctor tomorrow”.

The slide features decorative purple curved shapes in the corners. The top-right corner has a shape that curves from the top edge towards the right edge. The bottom-left corner has a shape that curves from the left edge towards the bottom edge. Both shapes consist of multiple overlapping layers of varying shades of purple, creating a sense of depth and movement.

Karim and his team

Soccer team in changing room.





Karim says,

“Abraham has been sick for a long time.

We need him to come back and help us win the big game”.

Coach Joe says, “I have some bad news for you.

Abraham is very sick in hospital and is dying.

He did not know that he has hepatitis B and that it can cause liver cancer”.





Karim says,

“I have played soccer with Abraham for many years.
Can I catch hepatitis B from him?
How do I know if I have it?”

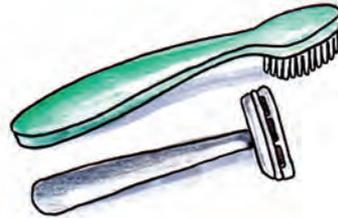
Coach Joe says, “No. You cannot get it from playing sport or touching someone with hepatitis B”.



You can only get hepatitis B from:



Your mother at birth if she has hepatitis B



Sharing razors and toothbrushes with a person who has hepatitis B



Blood to blood contact with a person who has hepatitis B



Having sex without a condom when you are not vaccinated



Sharing needles with a person who has hepatitis B

Coach Joe says, “If you are worried, ask your doctor for a blood test for hepatitis B. Your doctor will give you the correct information, or you can phone Hepatitis Victoria or visit the Health Translations website”.

HEPATITIS VICTORIA

Health Translations

Translated information about
health and wellbeing



Karim says,

“Tomorrow we will visit Abraham
at the hospital, he will be happy
to see us”.



