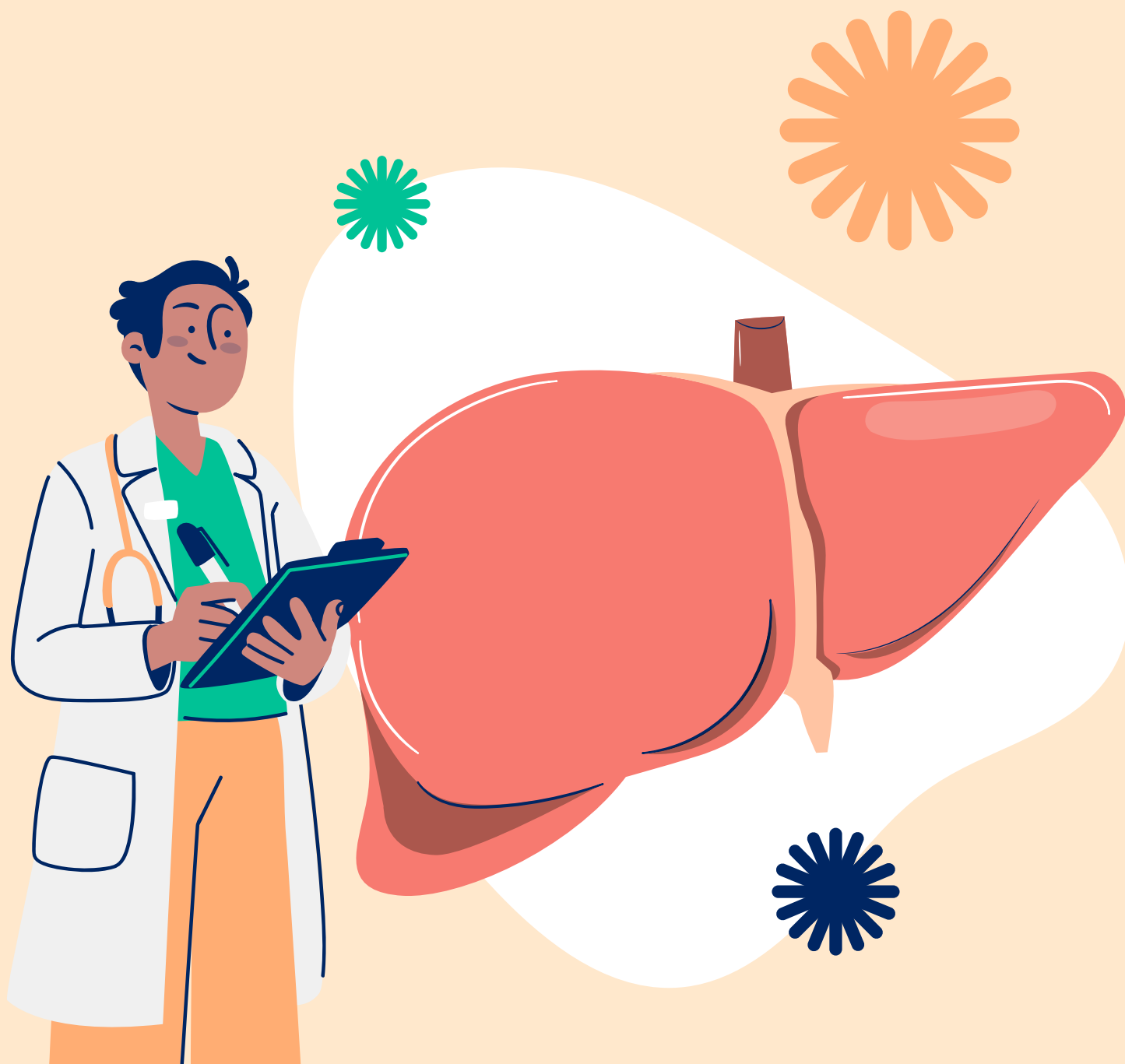


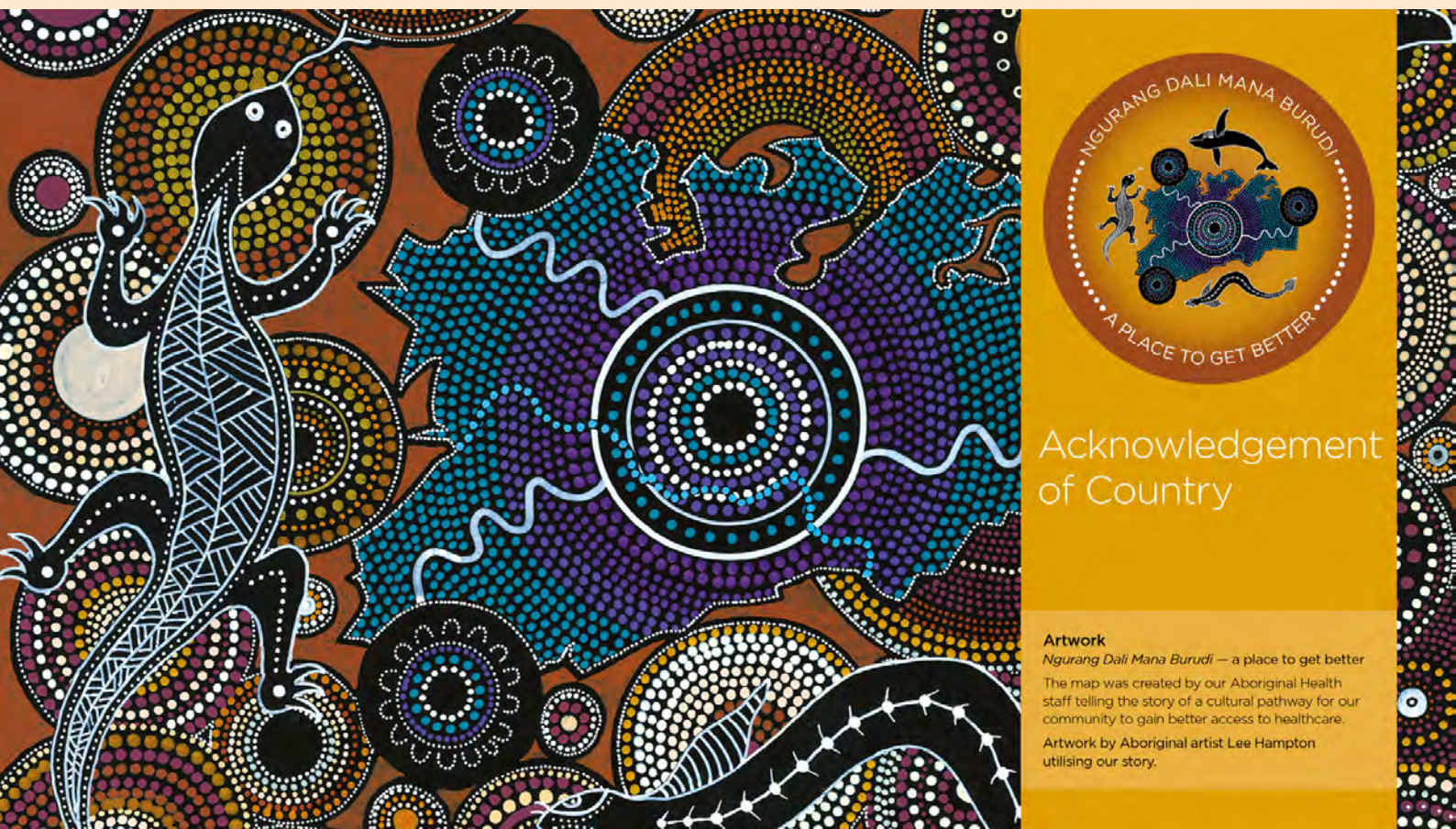
Facilitator Guide 2025

Understanding Liver Health



Statement of acknowledgement

I acknowledge the Traditional Owners of the land on which we live and work, and I pay my respects to their Elders past, present, and emerging. I recognise their ongoing connection to land, water, and community, and I honour their rich cultural heritage and contributions.



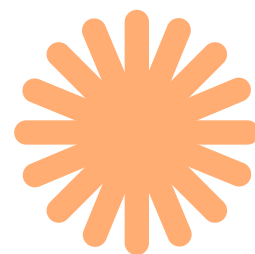
Acknowledgement of Country

Artwork

Ngurang Dali Mana Burudi — a place to get better

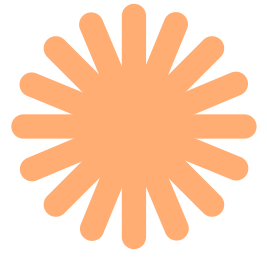
The map was created by our Aboriginal Health staff telling the story of a cultural pathway for our community to gain better access to healthcare.

Artwork by Aboriginal artist Lee Hampton utilising our story.



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Introduction

The **Understanding Liver Health** education package was created by the NSW Multicultural HIV and Hepatitis Service (MHAHS) as part of the broader Blood Borne Virus (BBV), Sexually Transmitted Infection (STI), and Liver Health community education toolkits, designed specifically for culturally and linguistically diverse (CALD) communities.

There is a series of five education packages including:

- Understanding Hepatitis B
- Understanding Hepatitis C
- Understanding Human Immunodeficiency Virus (HIV)
- Understanding Sexually Transmissible Infections (STIs)
- Understanding Liver Health

Each education package is designed to be delivered independently from the others, and all include a facilitator's guide (PDF) and a slide presentation (PowerPoint or PDF) available on the MHAHS website – www.mhahs.org.au.

The information provided in the **Understanding Liver Health** education package aims to:

- Increase participant awareness and knowledge about their liver health, including information on testing, treatment, prevention and keeping the liver healthy
- Promote regular testing for people at risk of getting liver diseases
- Encourage participants and their communities to access NSW healthcare services
- Address misinformation and stigma that people may have about liver diseases
- Provide participants and their communities with accurate, up-to-date information
- Provide links to health and support services across NSW.

About the MHAHS

The NSW MHAHS supports people from diverse cultural and language backgrounds across New South Wales to address HIV, hepatitis B, hepatitis C, and sexual health. It works with communities to provide information, education, and support to improve access to health care for all.

The NSW MHAHS also partners with health services and community organisations to provide culturally tailored health education and multilingual programs to empower communities with knowledge and tools they need to navigate the health care system confidently.

NSW MHAHS is hosted by Sydney Local Health District.

Email: info@mhahs.org.au





About the facilitator guide

This facilitator guide is a practical resource to support individuals and organisation in delivering the **Understanding Liver Health** community education sessions to culturally and linguistically diverse (CALD) communities across NSW, using the accompanying slide presentation.

The guide is designed to help facilitators provide participants with information about liver health in a simple and clear way. It equips facilitators with the knowledge and resources needed to run sessions that are supportive, non-judgmental, and informative.

This guide provides facilitators with clear instructions for delivering community education sessions. It includes a step-by-step support for presenting each part of the slide presentation, making easy to follow and deliver. Each slide includes detailed and structured notes to guide facilitators in delivering the session.

It includes:

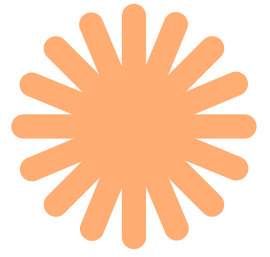
- Presentation slides covering essential information on liver health
- Facilitator notes with key talking points and explanations for each slide including references
- Instructions for facilitating discussions and engaging participants
- Activity suggestions to promote active learning and participation
- Sample evaluation form for gathering participant feedback after the session
- A glossary explaining various terms relating to liver health
- Reference list with links to multilingual resources and further information.

By using this guide, facilitators can:

- Explain liver health – what it is, types of liver disease, caring for your liver and the health effects of liver disease on individuals
- Encourage participants and their communities to get tested and treated for liver disease
- Provide participants with healthy tips on how to look after their liver
- Guide participants on where to access liver health testing, treatment, and support.

Who is this information for?

The information in the education session is for CALD community members (adults and young people). The education session is available in a range community languages including Arabic, Bengali, Simplified Chinese, Traditional Chinese, Korean, Nepali, Mongolian, Samoan, Tongan and Vietnamese.



Who can facilitate the education session?

The facilitator guide has been developed to prepare and support the facilitator delivering the community education session.

The information in the guide is designed for anyone interested in learning about liver health and who is interested in educating others. Education sessions can be delivered by bilingual facilitators with an interest in raising awareness about BBVs, STIs and liver health in their community. Ideally, facilitators should have experience in delivering community education. It is also important for facilitators to be aware of the sensitive topics and cultural considerations that may arise during the session.

No prior medical knowledge is required and this guide provides all necessary information for facilitators to confidently deliver the session.

Preparing to deliver community education sessions

To effectively deliver the community education sessions, it is recommended that facilitators:

- Familiarise themselves with the content of both the slide presentation and the facilitator guide
- Consider translating the talking points written in italics under each slide into your language
- Read the recommended articles and visit the suggested websites
- Practise delivering the content to ensure smooth delivery and familiarity with the flow of the session
- Test equipment to make sure it is set up and working properly before the session begins.

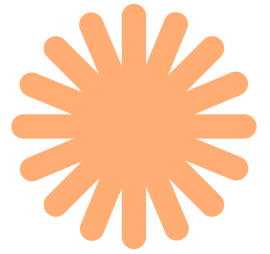
These steps will help facilitators feel more confident and prepared to deliver an informative session.

How long is needed to deliver the education session?

The slide presentation contains a lot of information, so please adapt the content from the slides and facilitator guide to best suit your group's needs.

While the recommended duration for the education session is 30-45 minutes, this can be adjusted depending on your audience and the setting.

If possible, remain available after the session to address any additional questions. Facilitators have the flexibility to shorten or extend the session by focusing on key slides or incorporating more time for discussion.



What is the delivery mode of the education session?

The education session can be delivered in various formats:

- **Face-to-face:** ideal for community gatherings, workplaces, and group sessions
- **Virtual or webinar format:** facilitators can deliver the session via Zoom, Microsoft Teams, or any other virtual platforms
- **Mixed approach:** it can be a combination of in-person and virtual delivery for broader accessibility.

Regardless of the delivery method, facilitators are encouraged to make sessions interactive and engaging, allowing participants to ask questions and share experiences.

Talking about BBVs, STIs and Liver Health

When discussing BBVs (HIV, hepatitis B and C), STIs and liver health, it is important to approach the conversation with cultural sensitivity, empathy, and accurate information.

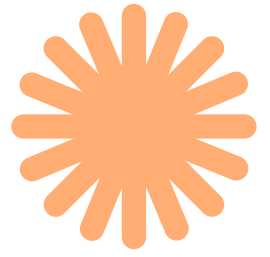
The information around these topics can be very sensitive, particularly for people from CALD communities, as discussing sexual health may be considered uncomfortable or a taboo in some communities.

Many people may have concerns about stigma and discrimination, or have misunderstandings related to these topics. Facilitators should create a safe and respectful environment where participants feel comfortable discussing and learning about BBVs, STIs and liver health.

Sensitivities

It is important for facilitators to recognise that these topics can be difficult for some people and that participants or their loved ones may have personal experiences related to BBVs, STIs or liver disease. It's also important to use non-judgmental language and remind everyone that the session focuses on health and well-being.

Privacy and confidentiality should always be respected, and participants should be assured they don't have to share personal experiences unless they choose to. Facilitators should use inclusive and culturally appropriate language and adjust their language to suit the audience's literacy levels, keeping everything simple and clear.



Stigma and discrimination

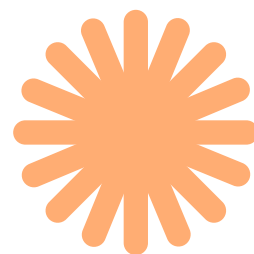
When planning the education sessions, consider that many people with BBVs, STIs or poor liver health may experience stigma and discrimination. This can prevent them from seeking testing, treatment and support. Facilitators need to understand that stigma can come from fear, misinformation, and cultural beliefs.

The community education sessions:

- Emphasise that BBVs, STIs and poor liver health are medical conditions that can be cured or treated and managed and prevented in many cases
- Explain that stigma creates barriers for people to access healthcare. This can increase the risk of passing on to other people
- Challenge myths and misconceptions by providing participants with the facts about transmission and prevention to challenge myths and misconceptions
- Address concerns about confidentiality by explaining that testing and treatment services are private and professional
- Promote an inclusive and respectful discussion, avoiding any blame or shame.

Common risk factors and barriers specific to CALD populations

- Limited access to healthcare due to language barriers, migration status, and lack of familiarity with the healthcare system or financial constraints can prevent people from getting tested, treatment and support.
- Cultural beliefs and stigma: In some cultures, discussions around sexual health, BBVs, and STIs may be considered taboo, leading to avoidance or delayed testing and treatment.
- Lack of culturally appropriate health information about BBVs, STIs and liver health.
- Different health beliefs and traditional medicine practices, which may impact engagement with mainstream healthcare services.
- Increased vulnerability due to migration experiences, such as trauma, displacement, or lack of stable housing.
- Having been born or have lived in country where BBVs are common.
- Fear of stigma and judgment from family, community, or healthcare providers.
- Mistrust of the healthcare system, especially among newly arrived migrants or refugees.
- The lack of symptoms for some of the BBVs, STIs and liver diseases which leads people to believe they do not need to be tested.

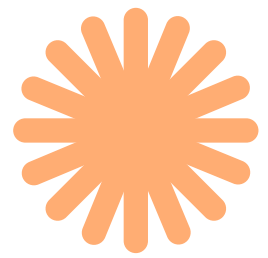


Planning for the information session

Facilitators or organisations should take the time to prepare the materials they need, book a venue, and promote the education session to groups of people who might be interested in the topic.

The following checklist will help you organise your session.

Action	Tick off
Booking a venue	
Consider the number of participants to match the seating availability.	
Choose a comfortable, accessible location that suits your audience (e.g., community centre, library, health service, or online platform for virtual sessions).	
Ensure the venue has the necessary facilities (Wi-Fi, projector, seating, parking, toilets, fire emergency exits, accessibility for people with disabilities, etc.).	
Promoting the session via your networks	
Advertise the session through community groups, social media, local health services, and word-of-mouth.	
Use multilingual flyers, posters, or digital invitations if necessary	
If applicable, partner with local organisations that engage with the target community.	
Consider the gender make up – is there a preference for male only or female only groups?	
Consider any cultural or religious key dates when you plan the session (e.g. is it a fasting period?).	
What you will need for the information session	
Equipment <ul style="list-style-type: none">• Laptop (if presenting slides or playing videos).• Projector or TV screen (for in-person sessions).• Microphone/speaker system (for larger venues).• Internet access (if sharing online resources).	
Presentation Materials <ul style="list-style-type: none">• PowerPoint presentation (PPT) and facilitator manual (digital or printed copies).• Printed handouts for participants (if relevant).• Evaluation forms (in English and other relevant languages).	
Name Tags (for in-person sessions) <ul style="list-style-type: none">• Helps create a welcoming and interactive environment.• Use name stickers or pre-printed name tags if needed.	



Planning for the information session (cont...)

Action	Tick off
What you will need for the information session	
Stationery <ul style="list-style-type: none">• Pens, markers, and paper for note-taking, activities, or participant feedback.• Whiteboard or flipchart (if using for group discussions).	
Multilingual Resources <ul style="list-style-type: none">• Printed or digital fact sheets and brochures on BBVs, STIs, liver health and available health services.• Interpreter information (e.g., contact details for TIS National).• Links to multicultural health services such as MHAHS for further support.	

Key takeaways for facilitators:

- **Clear Information:** Use simple, straightforward language to explain liver health and their impact on health.
- **Empathy:** Approach sensitive topics with understanding and without judgment.
- **Engagement:** Create a safe and open space for participants to ask questions and share their experiences.
- **Action:** Encourage participants to get tested, vaccinated, and access support as needed

Slide 1



Facilitator instruction

- Welcome the group to the education session

Good [morning/afternoon/evening] everyone, and welcome to today's session.

- Introduce yourself to the group

*My name is [Your Name], and I work as [Your Role] at [Your Workplace].
It's great to have you all here.*

- Provide an acknowledgement of the Country

Before we begin, I would like to take a moment to acknowledge the Traditional Owners of the land on which we meet today. I pay my respects to Elders past, present, and emerging and recognize the importance of cultural heritage in health and wellbeing.

- Explain any housekeeping information, e.g. evacuation procedures, location of bathrooms, finishing time, any rules, etc

- Explain that if anyone feels uncomfortable with any information in this session, they are welcome to excuse themselves.

This session is about understanding liver health. We'll be discussing for example, how your liver can get unhealthy and sick, monitoring liver health, and ways to prevent poor liver health. This is a safe space to learn and ask questions, and we encourage open discussion. However, if at any point you feel uncomfortable, you are welcome to step out or speak with me privately after the session.

Now, let's get started.

Slide 2

Today we will talk about...



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- ✓ Why the liver is an important part of your body
- ✓ What you need to know about liver disease
- ✓ Who can get liver disease and the common signs
- ✓ Testing the health of your liver
- ✓ How to keep your liver healthy
- ✓ Finding help and support



2

Facilitator notes:

Let's have a look at the things we'll be covering in today's session.

- *We will start with the basics, why the liver is an important part of your body and how the liver works in your body.*
- *Next, we will talk about liver disease including fatty liver disease and viral hepatitis.*
- *We will then discuss who is more likely to get liver disease and the common signs and symptoms for liver disease.*
- *After that, we'll talk about testing and treating liver disease, followed by how to keep your liver healthy.*
- *Finally, we will share resources on where you can get more information and support*
- *If you have any questions along the way, please feel free to ask.*

Before we move to the next slide to learn some information about your liver, I'd like first to ask you a few questions.

Discussion:

Ask: *Do you know where the liver is, in our body?*

(Give time for them to answer it and acknowledge everyone's answers)

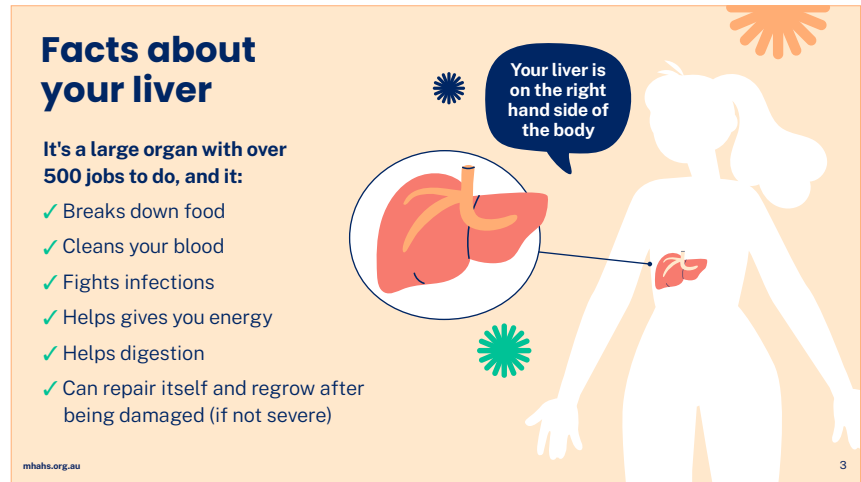
Answer: *The liver is in our abdomen, in the upper-right side.*

Ask: *The liver is the second largest organ of the body... do you know which organ is even larger than the liver? Have a guess...*

(Give time for them to answer it and acknowledge everyone's answers)

Answer: *The liver is one of the largest organs, but the largest organ is actually the skin!*

Slide 3



Facilitator notes:

Let's see where the liver is in your body and what it does.

The liver is located on the upper right side of your body, just below the ribs. If you put your right hand on the right side of your ribs, just under your chest, you're covering your liver. That's where it sits – protected by your ribs or ribcage. It stretches a little across the middle of your body, just above the stomach or your belly.

The liver is one of the largest organs in your body and very important because it has more than 500 jobs!

Some of the jobs of the liver are to:

- Break down food
- Clean your blood
- Fight infections
- Helps give you energy
- Helps digestion
- Repair itself and regrow after being damaged.

You only have one liver so it's very important to take care of it.

Next, we will talk more about what the liver does but before we do, does anyone have any questions?

Slide 4

What does a healthy liver do?



- ✓ Makes and stores sugar and fat for your body's energy
- ✓ It processes what you eat, drink and the medicines you take
- ✓ It helps clean your blood of toxins that are harmful to your body
- ✓ It fights infections and helps digest food
- ✓ Able to repair itself and regrow after being damaged (if not severe)

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Facilitator notes:

*The liver is like the body's cleaning and processing centre.
Let's go through the jobs a healthy liver does in our body.*

The first important thing to know is that the liver keeps your body healthy and working well if you look after it.

- The liver makes and stores sugar and fat to give you energy.
- It processes what you eat, drink and the medicines you take and helps turn it into energy.
- It helps clean your blood of the toxins - like alcohol, and drugs - that are harmful to your body. Even chemicals that touch your skin and toxins that you breathe in go through your liver.
- It helps your body fight infections to keep you strong.
- It also makes bile, which helps your body digest fat in all the food you eat.
- The liver can incredibly repair itself and regrow after being damaged. But only if there is not much damage.

*So, a healthy liver means a healthy body – as you can see, it does a lot of jobs every day.
But these important jobs that the liver does can't happen if we damage our liver.
We'll discuss later on the tips to keep our liver healthy.*

Discussion:

*Ask: Can you think of anything you already do that might be helping to keep your healthy?
I'll give you 3 minutes to share your responses with the person next to you.*

(Give participants time to share their responses)

Before we move on, does anyone have any questions about all the jobs your liver can do and why it is important to your body?

Slide 5



What is liver disease?

Liver disease damages the liver and stops it from working properly.

Many conditions can affect the liver:

- ✓ Viral hepatitis
- ✓ Fatty liver
- ✓ Alcoholic liver disease
- ✓ Genetic condition
- ✓ Liver cancer

Most people with liver disease do not feel sick or have symptoms

Liver disease can cause liver failure and liver cancer!

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Facilitator notes:

Now that you understand more how the liver works and why it is an important organ in your body, let's go through what happens when the liver gets damaged.

Liver disease refers to any condition that damages the liver and affects its ability to work properly.

There are over 100 different types of liver diseases. They can affect both adults and children.

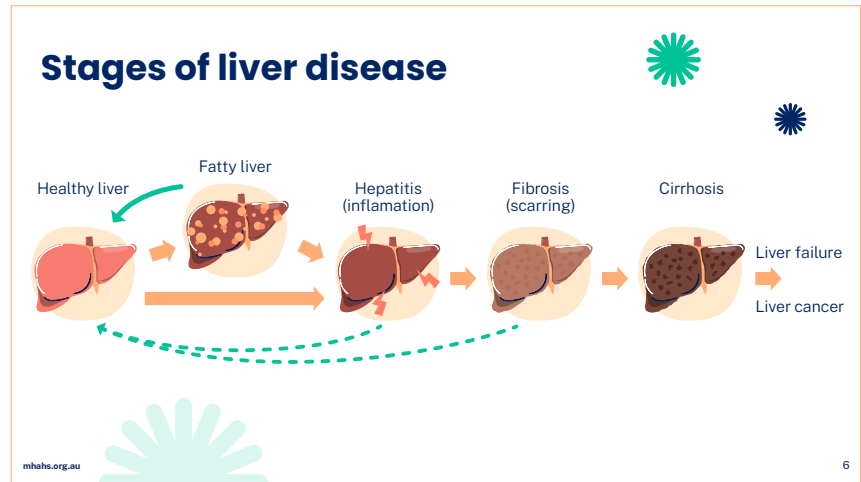
Some conditions that affect the liver are:

- *Viral hepatitis (especially hepatitis B and hepatitis C) cause inflammation and damage the liver. If untreated can lead to liver cancer.*
- *Fatty liver disease – which is a build-up of fat around the liver that can affect the way it functions. This is common in people who are obese, have type 2 diabetes or high cholesterol.*
- *Alcoholic liver disease – caused from drinking too much alcohol.*
- *A genetic condition or a condition you're born with.*
- *And lastly, liver cancer.*

If you have liver disease, you might not have any symptoms until the liver is severely damaged.

We will focus on the hepatitis viruses and fatty liver disease, how they affect the liver, ways to prevent and what to do to keep healthy.

Slide 6



Facilitator notes:

Liver disease usually happens slowly over time and it progresses to different stages before your liver becomes very damaged. As you can see in this slide it doesn't matter what the liver disease is, it progresses in a similar way.

Let's go through each stage:

Healthy liver – A healthy liver is smooth, soft and reddish-brown colour. It has very little fat and works to filter toxins, aid digestion, and store nutrients.

Fatty liver – This means there is extra fat in the liver, but no significant damage yet. It can often be reversed if the cause (like obesity, alcohol use, diabetes, or high cholesterol) is addressed.

Hepatitis – This is inflammation of the liver, caused by infections (like hepatitis viruses), alcohol, or other toxins. It's more serious than simple fatty liver. If left untreated, it can lead to liver damage.

Fibrosis – This stage involves scar tissue forming in the liver. The liver becomes harder and less flexible. There may be no symptoms yet, but the damage is ongoing.

Cirrhosis – This is severe scarring of the liver. The liver becomes stiff and can't function properly. It can cause symptoms like tiredness, swelling in the legs, and yellowing of the skin and eyes (jaundice). Cirrhosis increases the risk of liver cancer.

End-stage liver disease – If cirrhosis progresses, it can lead to liver failure (where the liver stops working) or liver cancer. This stage often requires a liver transplant.

Discussion: Engage with the group by asking this question

Ask: Have you heard any of these stages of liver disease before?

(Ask participants to put their hands up if the answer is yes, and let them share their responses)

Ask: Who do you think would be more at risk of getting liver disease? Why?

(Give them time to think about it and acknowledge their answers as a group)

Slide 7

Who is at risk of liver disease?



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Liver disease can affect anyone but those at risk of liver damage are people who:

- ✓ Have a fatty liver
- ✓ Drink too much alcohol
- ✓ Have hepatitis B or hepatitis C
- ✓ Have issues that affect their immune system
- ✓ Are born with liver disease

Facilitator notes:

In fact, anyone can get liver disease. But some people have a higher risk of getting liver disease for several reasons.

This includes:

- *People who have a fatty liver.*
- *People who drink too much alcohol can get “alcohol-related fatty liver disease”. Even drinking a lot for just a few days can cause fat to build up in the liver.*
- *People with hepatitis B or hepatitis C are more at risk because these viruses can hurt the liver over time.*
- *People who have health problems that affect their immune system.*
- *People who are born with liver disease or have a family history of liver disease.*

Slide 8

What is viral hepatitis?

Hepatitis means inflammation of the liver.

In Australia the most common viruses that cause hepatitis are the hepatitis A, hepatitis B and hepatitis C viruses

	How is it passed on?	Can it become chronic (long term)?	Is there a treatment?	Is there a cure?	Is there a vaccine?
Hepatitis A	Contaminated food and water	No	Not specific	Immune system	Yes
Hepatitis B	Mother to baby, blood to blood, sexual contact	Yes	Yes	No	Yes
Hepatitis C	Blood to blood contact	Yes	Yes	Yes	No

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Facilitator notes:

Let's talk now about viral hepatitis. This is a liver infection that is caused by a virus. In Australia, the most common viruses that cause hepatitis are hepatitis A, hepatitis B and hepatitis C.

Read out the information in the table.

If you have time, you can provide more information on each of the hepatitis viruses.

Hepatitis A

- *It is passed on through food or water that has been infected with the virus*
- *Your immune system fights the virus and makes you well.*
- *There is no specific treatment for hepatitis A, but there is vaccine that prevents you from getting hepatitis A.*

Hepatitis B

- *The hepatitis B virus is found in blood, semen, and other body fluids.*
- *It is most commonly passed from mother to baby during childbirth, but can also be spread through unprotected sex, sharing needles, or other contact with infected blood.*
- *There is **no cure**, but there is **vaccination** that can prevent infection.*
- *In Australia all babies are vaccinated at birth.*
- *Most adults who get hepatitis B will clear the virus on their own (within 6 months) and cannot get the virus again and cannot pass it on to others.*
- *Some people — especially those infected at birth or in early childhood — can develop **chronic hepatitis B**, which means the virus stays in the body long term and may lead to liver damage, cirrhosis, or liver cancer.*
- *People with chronic hepatitis B can live long, healthy lives with regular monitoring every 6 to 12 months and, if needed, **treatment**.*

Slide 8 cont...

What is viral hepatitis?

Hepatitis means inflammation of the liver.

In Australia the most common viruses that cause hepatitis are the hepatitis A, hepatitis B and hepatitis C viruses

	How is it passed on?	Can it become chronic (long term)?	Is there a treatment?	Is there a cure?	Is there a vaccine?
Hepatitis A	Contaminated food and water	No	Not specific	Immune system	Yes
Hepatitis B	Mother to baby, blood to blood, sexual contact	Yes	Yes	No	Yes
Hepatitis C	Blood to blood contact	Yes	Yes	Yes	No

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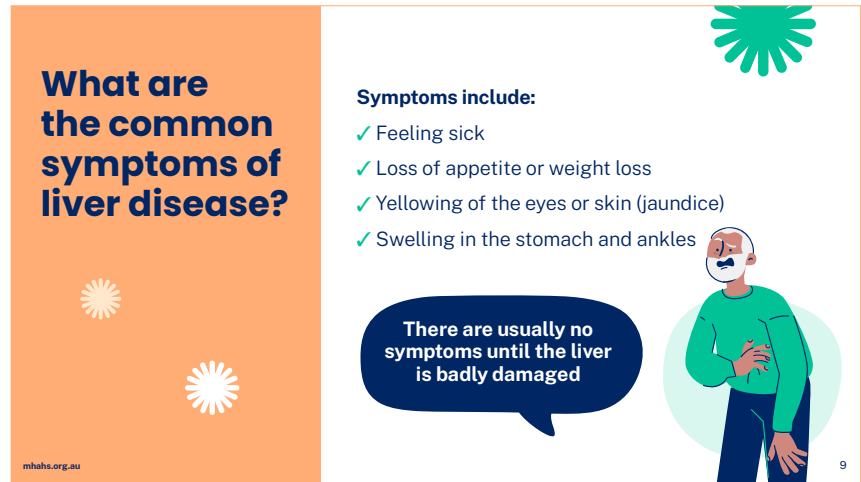
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Facilitator notes:

Hepatitis C

- The hepatitis C virus is spread **only through blood-to-blood contact**.
- This can happen through sharing needles, unsterile tattooing or piercing equipment, or unsterile medical procedures in some countries.
- It is **not spread through sexual contact as easily as hepatitis B** and not it is passed from mother to baby as often.
- There is **no vaccine**, but **hepatitis C is curable** in most people with a short course of antiviral medication (usually 8–12 weeks).
- Without treatment, hepatitis C can become chronic and lead to serious liver damage over time.

Slide 9



What are the common symptoms of liver disease?

Symptoms include:

- ✓ Feeling sick
- ✓ Loss of appetite or weight loss
- ✓ Yellowing of the eyes or skin (jaundice)
- ✓ Swelling in the stomach and ankles

There are usually no symptoms until the liver is badly damaged

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Facilitator notes:

Liver disease often starts quietly, which means that many people don't feel sick at first or have any symptoms until the liver is badly damaged.

Common symptoms for liver disease are:

- *Feeling sick or very tired all the time*
- *Not feeling hungry or losing weight*
- *Your eyes and skin start to become yellow. This is called jaundice*
- *Your stomach or the ankles swell*

These symptoms are common both with viral hepatitis and fatty liver disease

Sometimes these symptoms can seem small or feel like other health problems.

That's why it's important to get checked early if something doesn't feel right.

It is important to speak to your doctor if you are experiencing any of these symptoms.

Are there any questions before we go talk about testing for liver disease?

Slide 10

Testing for liver disease

- Blood tests -**
check your liver function
- Scans -**
ultrasound, CT or MRI to see the liver and check for inflammation, swelling or scarring
- Liver biopsy -**
taking a small sample of your liver tissue to understand how your liver is functioning

Talk to your doctor or GP if you are worried or have questions about your liver health

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Facilitator notes:

It is important here to repeat that the only way to know if your liver is healthy is to get a simple health check or test with your doctor. As we have talked about in previous slides, liver disease often shows no symptoms at first, so early testing is very important, especially if you are at risk of getting liver disease.

There are different tests you can do to see if your liver is working properly. Your doctor will check your symptoms and will decide what to do next. The different tests are:

- 1. Blood test to check your liver function – liver function tests can show whether your liver is working properly.*
- 2. Scan your liver through an ultrasound, CT or MRI to check for inflammation, swelling, scarring or fat around your liver.*
- 3. Liver biopsy - this is a medical test where tissue samples are taken from your liver to help understand how your liver is working.*

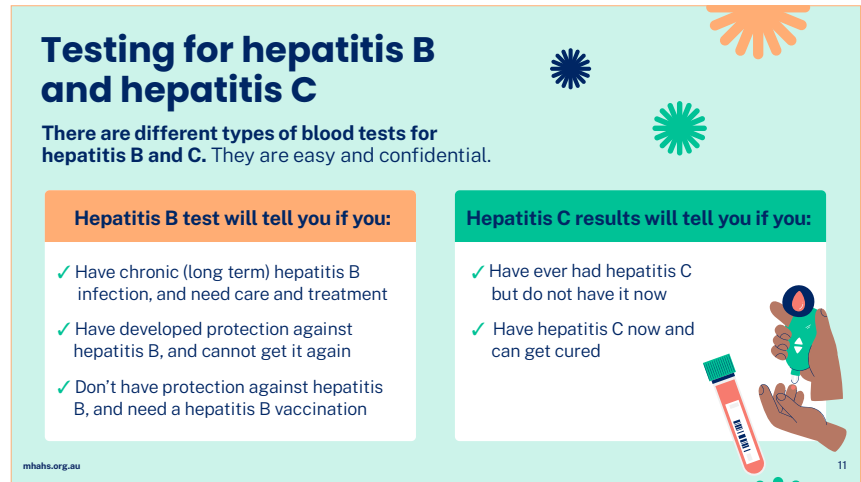
Depending on the results, your doctor may refer you to a specialist for more tests or treatment. Talk to your doctor if you have questions and to discuss your liver health.

Your doctor may give you medicine to help your liver if needed.

The good news is that in many cases, liver problems can get better with the right treatment.

Changes to your lifestyle, like eating a healthy diet, not drinking alcohol and getting regular exercise are also important.

Slide 11



Testing for hepatitis B and hepatitis C

There are different types of blood tests for hepatitis B and C. They are easy and confidential.

Hepatitis B test will tell you if you:	Hepatitis C results will tell you if you:
<ul style="list-style-type: none">✓ Have chronic (long term) hepatitis B infection, and need care and treatment✓ Have developed protection against hepatitis B, and cannot get it again✓ Don't have protection against hepatitis B, and need a hepatitis B vaccination	<ul style="list-style-type: none">✓ Have ever had hepatitis C but do not have it now✓ Have hepatitis C now and can get cured

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Facilitator notes:

As we discussed earlier, the only way to know if you have hepatitis B or hepatitis C is to get tested. Does anyone know why?

Answer: Because often you have no symptoms so you don't know you have hepatitis B or hepatitis C. There are different types of blood tests for hepatitis B and C. They are easy and confidential.

The hepatitis B blood tests will tell you if:

- *You have chronic (long term) hepatitis B infection, and need care and treatment*
- *You have developed protection against hepatitis B, and cannot get it again*
- *You don't have protection against hepatitis B, and need a hepatitis B vaccination*

The hepatitis C blood tests will tell you if:

- *You have ever had hepatitis C but do not have it now*
- *If you have hepatitis C now and can get cured*

You can get a blood test from your doctor, Family Planning clinics or sexual health clinics.

Slide 12

Treating liver disease



- ✓ Treatment may be an option – your doctor will advise you if you need treatment.
- ✓ With medications (provided by your GP), diet and exercise and managing a healthy lifestyle.
- ✓ Once your liver is badly damaged (cirrhosis), it cannot be reversed.

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Facilitator notes:

Depending on how severe the liver disease is, treatment may be an option.

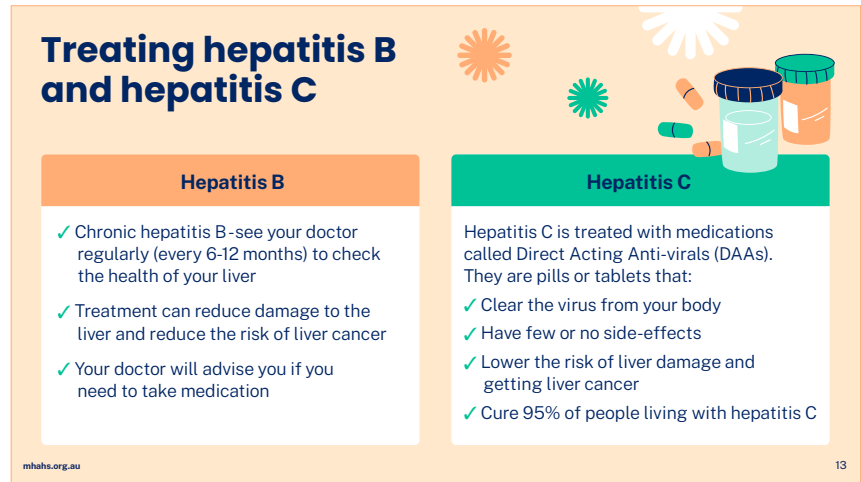
The good news is that early liver disease can be reversed with medication, diet and exercise.

Once the liver is severely damaged (at the cirrhosis stage) it cannot be reversed.

Your doctor can advise you if you need treatment and what the best treatment option is for you.

Any questions before we talk about hepatitis B and hepatitis C treatments?

Slide 13



Treating hepatitis B and hepatitis C

Hepatitis B	Hepatitis C
<ul style="list-style-type: none">✓ Chronic hepatitis B-see your doctor regularly (every 6-12 months) to check the health of your liver✓ Treatment can reduce damage to the liver and reduce the risk of liver cancer✓ Your doctor will advise you if you need to take medication	<p>Hepatitis C is treated with medications called Direct Acting Anti-virals (DAAs). They are pills or tablets that:</p> <ul style="list-style-type: none">✓ Clear the virus from your body✓ Have few or no side-effects✓ Lower the risk of liver damage and getting liver cancer✓ Cure 95% of people living with hepatitis C

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Facilitator notes:

Hepatitis B has no cure but there is effective treatment.

So what happens if the test shows you have chronic hepatitis B?

- Hepatitis B is easily managed with regular health checks.
- The treatment can reduce damage to the liver and the risk of getting liver cancer.
- Your doctor will advise you if you need to start treatment.
- You should see your doctor every 6 to 12 month to check your liver health.

Moving on to hepatitis C. Hepatitis C can easily be cured.

So what happens if the test shows you have hepatitis C?

- Treatments are available to cure hepatitis C.
- They are effective, easy to take tablets and have few side effects.
- These treatments have a 90-95% chance of curing hepatitis C.
- Treatment takes 8–12 weeks and is recommended for all people living with hepatitis C.
- People with cirrhosis or severe liver damage may need longer treatment, up to 24 weeks.

It's important to know that even after being cured, you can get hepatitis C again.

This is called reinfection.

Slide 14

How to protect yourself from hepatitis B and C

Hepatitis C:

- ✓ Don't share personal items like toothbrushes or razors
- ✓ Only get tattoos or body piercings from licensed professionals with sterile (clean) equipment
- ✓ Only get medical and dental procedures by licensed professionals
- ✓ Use condoms and lubricant during sex
- ✓ Be careful about getting medical and dental procedures when travelling overseas
- ✓ Wear gloves when cleaning up blood
- ✓ Never share drug injecting equipment

Hepatitis B GET VACCINATED



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14

Facilitator notes:

Let's now have a look at the ways you can protect yourself and others from getting hepatitis B and C.

- *Vaccination is the best way to be protected against hepatitis B. If you are vaccinated, you cannot get the virus.*
- *If you have chronic hepatitis B it is important for family and close contacts to get tested and vaccinated, so they can be protected.*
- *By getting vaccinated against hepatitis B, you can also help protect other people. The more people who are vaccinated in your community, the less likely the disease will spread.*
- *Hepatitis B immunity is lifelong (booster not needed)*
- *In Australia, the hepatitis B vaccination is free for newborns, children and adolescents, as well family and people in close contact with someone who has chronic hepatitis B.*
- *There is no vaccination for hepatitis C yet, but there is a cure. As you can see now on the slide, these are the ways to protect yourself and the others from getting or spreading hepatitis C. These also protect you from getting hepatitis B because they are both blood borne viruses. This means the virus spreads from one person to another through blood.*
- *Don't share personal items like toothbrushes or razors, because they might still have blood on them.*
- *Only get tattoos or skin piercing from licensed, trained professionals. The same when having medical or dental procedures.*
- *Practice safe sex by using condoms*
- *Wear gloves when cleaning up blood.*
- *Only use your own or new needles and syringes for injecting drugs or steroids – NEVER SHARE them*

Does anyone have any questions before we move to the next slide, before we move on to the next one?

Slide 15



Facilitator notes:

There are four main things you can do in your daily life to help keep your liver healthy. We'll go through one by one:

Eating well

What we eat or drink directly affects the liver. Eating well and maintaining a healthy weight can improve liver health and prevent certain chronic medical conditions. Eat moderate amounts of food such as wholegrain cereals, fruits, vegetables and proteins like eggs, meat, beans, or fish. Also, avoid foods that are rich in fat, sugar, salt and oil.

Drinking too much alcohol

Everything that passes through your body like alcohol, water, food and medicine is processed by the liver. If you drink large amounts of alcohol, your liver starts to have difficulty processing the alcohol. If your liver cells are worked too hard, they can start to become damaged. This damage can lead to fatty liver or fibrosis (scarring of the liver) and sometimes cirrhosis (serious liver damage).

Keep moving, stay active

- *Do regular gentle exercise for good mental and physical well-being and most importantly for good liver health*
- *One hour of moderate activity or 30 minutes of more vigorous exercise is recommended every day. It is okay to start with a small amount of activity and build up to more.*

Some simple ways to increase your daily activity levels include:

- *Walking or riding your bike for short trips instead of driving*
- *Using the stairs instead of the lift or escalator*
- *Getting off the bus one stop earlier and walking the rest way*
- *Parking further away from your destination and walking*
- *Walking to eat lunch in the park*

Slide 15 cont...

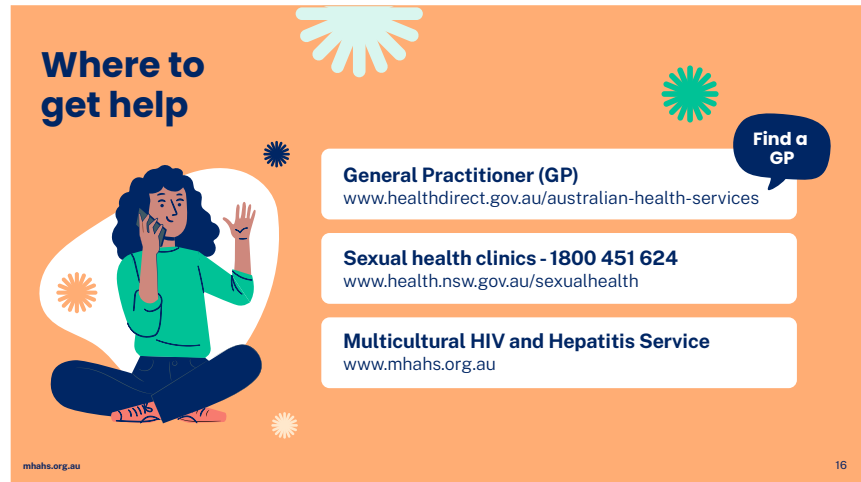


Facilitator notes:

Caring for yourself

- *It's important to take time for yourself. Feeling less stressed is good for your body and your liver.*
- *When you relax and feel better, your body works better too.*
These are some benefits you can get from looking after yourself well:
 - *Your immune system gets stronger*
 - *Your body digests food better*
 - *Your blood pressure goes down, which is good for your heart*
 - *Your muscles feel less tight*
 - *You get fewer headaches*
 - *And you sleep and heal better*

Slide 16



Facilitator notes:

We have covered a lot of important information about liver health today. This slide shows where you can get help if you need it.

- *Your GP or doctor is a good starting point. You can ask them to have a health check to see if everything is ok with your liver and discuss any concerns you may have.*
- *At NSW Sexual Health Clinics you can get tested for hepatitis B and C. It is free, easy, and confidential. To find a clinic near you, call the NSW Sexual Health Infoline at 1800 451 624 or visit this website (read website address on slide). No Medicare needed*
- *The Multicultural HIV and Hepatitis Service or MHAHS has translated materials about liver health, hepatitis B and hepatitis C for you or someone you know.*

Does anyone have any questions before we move on?

Slide 17

Where to get help in your language?

If you need assistance with talking to your doctor or health provider in your language:

- ✓ Call the Translating and Interpreting Service (TIS) on 13 14 50
- ✓ The service is free and confidential
- ✓ Ask the receptionist to book a free interpreter for you



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Facilitator notes:

We know that talking about health can be difficult, and even more so if English isn't your first language. So, if you or someone you know does not speak English, you still have full access to health services in Australia.

- You can use the Translating and Interpreting Service (TIS National) to speak to a healthcare provider in your own language. Just call **13 14 50** and ask for an interpreter.
- This service is free, confidential, and available 24/7 in over 160 languages.
- You can ask for an interpreter. The receptionist can organise it for you. You don't have to pay. But remember, you need to ask for one.
- TIS can help you book appointments to talk to your GP or specialist

Save the number or take a photo of the slide for future use.

Slide 18

What have we learnt today?



True or False

1. Your liver processes most things you eat and drink, even chemicals that touch your skin.
2. You know you have liver disease when you start feeling sick.
3. If left untreated, hepatitis B can cause liver disease.
4. The most important thing about liver health is doing lots of exercise.

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Facilitator notes:

Now, let's see how much we've learnt today in this workshop. Let's do a quick quiz.

I will read out these statements and I want you to raise your hand and tell me out loud if they are TRUE or FALSE.

This is just for fun, there are no wrong answers.

The goal is to see what we remember from today's session.

- *Your liver processes everything you eat and drink, even chemical that touch your skin.*

Answer: TRUE – Reason: *It's true that your liver processes everything you eat and drink, even chemicals that touch your skin*

- *You know you have liver disease when you start feeling sick.*

Answer: FLASE – Reason: *You might not feel sick at all when you have a liver disease. That is why health check up with your doctor is very important.*

- *If left untreated, hepatitis B can cause liver disease.*

Answer: TRUE – Reason: *If hepatitis B is not treated or managed well, it can cause liver disease.*

- *The most important thing about liver health is doing lots of exercise.*

Answer: FALSE – Reason: *Exercise is very helpful for liver health, but it's not the most important thing to consider. You'll need to have a combination of other things too like eating healthy food, not drinking too much alcohol, getting vaccinated for hepatitis A and B, looking after yourself*

Slide 19

Important messages to take away

- ✓ Eat a healthy diet and exercise regularly
- ✓ Maintain a healthy body weight
- ✓ Avoid or reduce alcohol intake
- ✓ Monitor the health of your liver with your GP
- ✓ Test for hepatitis B and C
(hepatitis B vaccination is available)



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Facilitator notes:

We've covered a lot of information about liver health, and I hope you have learned something today. Before we wrap up, here are 5 key messages I really want you to take home with you:

- *Eat a healthy diet and do regular exercise to keep your liver healthy*
- *Try to keep a healthy body weight by following the food guideline*
- *Don't drink too much alcohol or stopping drinking it all together*
- *Visit your doctor to monitor more regularly your liver*
- *Get tested for hepatitis B and C. Get vaccinated for hepatitis A and B .*

Thank you for your time today! If you have any questions, please feel free to ask

Slide 20



Facilitator notes:

Are there any final questions?

Thank you everyone. We hope that you can take some of the information you learnt today and pass it on to your communities.

Slide 21

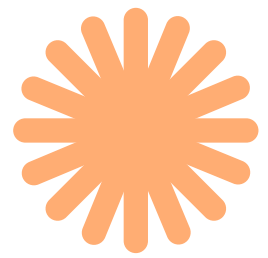


The MHAHS supports people from diverse cultural and language backgrounds across New South Wales to address HIV, hepatitis B, hepatitis C, and sexual health. It works with communities to provide information, education, and support to improve access to health care for all.

The MHAHS also partners with health services and community organisations to provide culturally tailored health education and multilingual programs to empower communities with knowledge and tools they need to navigate the health care system confidently.

Email: info@mhahs.org.au

Website – multilingual information on HIV, hepatitis B and C, STIs and liver health



Sample Evaluation Form

Topic.....

Date..... Language.....

Age..... Gender.....

1. Did the speaker explain things in a way you could understand?

☐ Yes, always ☐ Yes, sometimes ☐ No

2. Did you feel you were treated with respect and dignity
(e.g. with courtesy, care and kindness) while you were in the session?

☐ Yes, always ☐ Yes, sometimes ☐ No

3. Would you recommend this session to a friend or family?

☐ Yes ☐ No

4. What is one thing you have learnt from this session?

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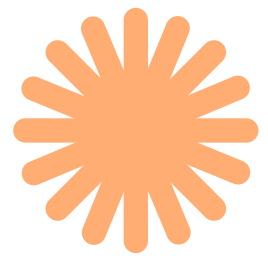
5. Do you have any comments or suggestions?

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Glossary

Abdomen: the part of the body that holds the stomach, liver, bowels, and reproductive organs.

Acute: a sickness or symptom that happens quickly or lasts a short time. Flu and urine infections are examples of an acute illness. Some people with a very serious acute illness can die.

Antibody: something that your immune system makes to fight things that are not normally part of the body, like viruses, germs. The body can remember some antibodies and that helps keep us protected from infection.

Antiviral medicine: medicine used to fight viruses, like hepatitis B or C.

Balanced diet: eating the right amount of different healthy foods like fruits, vegetables, grains, and protein

Biopsy: a small sample of body tissue is taken (like from the liver) to check for disease.

Blood-borne: It refers to diseases or infections that can pass from one person to another through blood, like hepatitis B and C. These infections can spread also through things like sharing needles, blood transfusions, cuts and wounds coming into contact with infected blood.

Blood-to-blood contact: it happens when the blood from one person mixes with the blood of another person. It can spread blood-borne diseases like hepatitis B and C, HIV.

Blood transfusion: is a medical procedure where blood is given to a person through a small tube in the arm.

Bulk billing: if your doctor bulk bills, your visit is free because Medicare pays the doctor. If your doctor does not bulk bill, you pay the doctor and then you claim some money back from Medicare.

Chronic: a disease or symptom that lasts for a long time, usually months or years, and often doesn't go away completely.

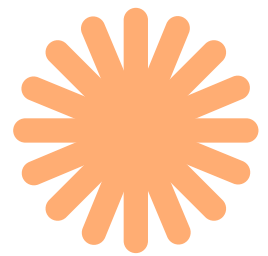
Cirrhosis: scarring of the liver because of injury or long-term disease. Scar tissue cannot perform the functions of liver tissue, so your liver function is not as good as it needs to be.

Condoms: a thin rubber (latex) bag which fits on a man's erect penis to stop pregnancy, and reduce the chance of passing on sexually transmissible infections (STIs) or viruses.

Dietary guidelines: advice from doctors or health experts about the best foods to eat to stay healthy.

Direct Acting Antivirals or DAAs: they are a type of medication taken by mouth (oral) to treat hepatitis C.

Diagnosis: the conclusion a doctor may reach after examining, doing tests and talking with their patients.



Glossary

Diarrhea: is when you have frequent, loose, or watery stools three or more times a day. It usually lasts for a short time, but it can be persistent, lasting a long time. It can be caused by infections or certain food or medications.

Fatty liver disease: A condition where too much fat builds up in the liver, making it hard for the liver to work well.

Fibrosis: is when tissues in the body becomes thick and scarred.

Healthy weight: a body weight that is right for your height and helps your organs work properly.

Inflammation: when there is inflammation in your body, you might see a change in the skin colour or a swelling. It happens when your body tries to heal or fight off bacteria and viruses.

Jaundice: is when the whites of your eyes and the skin look yellow. It happens when your liver cannot work as well as normal.

Haemochromatosis: A health problem you're born with that causes too much iron to build up in the body, which can hurt the liver.

Hepatitis: an inflammation of the liver due to viruses or drug or alcohol use.

HIV: it stands for Human Immunodeficiency Virus. It is a virus that weakens the immune system. It can make it easier for other infections to harm the body.

Infection: a sickness you get from germs. Infections can be caused by viruses, bacteria, fungi and parasites.

Inflammation: swelling and redness in the body, which is a sign that something is wrong.

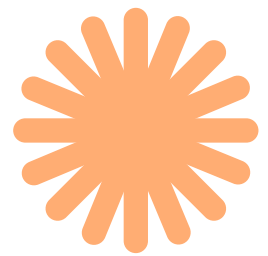
Liver: the largest organ inside your body. It sits at the top right side of the stomach. It helps to digest food, store energy, and take away poisons of drugs and alcohol from your body.

Liver cancer: is a disease where not normal cells grow out of control in the liver, causing a harmful tumour.

Liver function test: a simple blood test to check how well your liver is working

Liver failure: when the liver stops working properly and can't do its jobs. This can be very serious.

Loss of appetite: not feeling hungry or having little to no desire to eat.



Glossary

Medicare: Australia's public health system that helps cover the cost of seeing a doctor and getting medicine.

Medication: is a drug or medicine used to treat diseases and other health conditions.

Mental health: how your mind and emotions feel. Feeling calm and happy and having no stress are good for your body.

Nausea: when you have an upset stomach or feel like throwing up.

Organ: a part of your body that has a special job, like your heart, liver, or lungs.

Reinfection: getting the same infection again after you've already been cured or treated.

Ribcage: the bones that protect your chest and the organs inside, like your lungs and liver

RNA: it stands for Ribonucleic Acid. An HCV or Hepatitis C RNA test helps doctors confirm if the hepatitis C virus is present and how much of it is in the body. It's useful for doctors to decide the best hepatitis C treatment.

Sexual Health Clinic: a free and private place to get tested for hepatitis and other infections. You don't need a Medicare card to go.

Sexually Transmissible Infections (STIs): infections that spread through sexual contact.

Side effect: a possible negative reaction to medication or treatment.

Steatosis: another word for simple fatty liver – fat in the liver but without serious damage yet.

Steroid: a kind of drug or medicine that stops swelling and pain. It helps your body's natural defence against sickness (your immune system).

Symptom: a sign of disease or sickness. It's something that is different in your body that might mean you have sickness. Symptoms help doctors and nurses work out what the sickness is.

Toxins: harmful substances (like alcohol, drugs or chemicals) that your liver helps to clean from your body

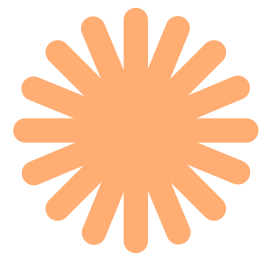
Transmission: the passing of a disease from one person to another.

Treatment: something that a person does so that they can stay healthy or get better. It can involve taking medicine, or other therapy to treat or cure a disease, and/or change in lifestyle.

Unsterile: something that is not clean or free of germs, bacteria, or viruses.

Vaccination or vaccine: A needle or medicine that helps protect you from getting sick from a virus

Viral hepatitis: a virus that causes inflammation or swelling in the liver. There are different types: A, B, and C.



Links to further information and resources

These are links to websites you can use to find more information on liver health:

Multicultural HIV and Hepatitis Service (MHAHS) works with CALD communities in NSW to improve health and wellbeing in relation to HIV, hepatitis B, hepatitis C and sexual health. MHAHS works with 20 language groups to implement a range of health promotion, community development and media initiatives.

www.mhahs.org.au

Liver Well (Incorporating Hepatitis Victoria) aims to prevent and reduce the impact of liver disease, including viral hepatitis and the stigma related to these. The website provides facts and statistics about liver health, liver conditions and living well.

www.liverwell.org.au

Hepatitis Australia is a peak community organisation that focusses on issues of importance to people affected by hepatitis B and hepatitis C. The Hepatitis Australia website provides a variety of information about viral hepatitis in plain English and other languages.

www.hepatitisaustralia.com

Multicultural Health Communication Service is a NSW statewide health service that coordinates multilingual health information.

www.mhcs.health.nsw.gov.au

Hepatitis NSW is a community organisation that works to improve the health and wellbeing, or communities affected by hepatitis B and hepatitis C

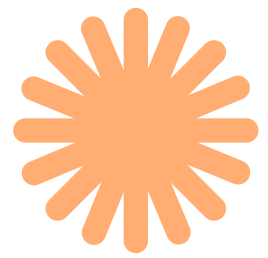
www.hep.org.au

Healthdirect Australia is a national virtual health information service.

www.healthdirect.gov.au

Department of Health Victoria – Better Health Channel provides health and medical information to improve the wellbeing of people and the communities they live in.

www.betterhealth.vic.gov.au



Frequently Asked Questions (FAQs)

These are some of the common questions that people from CALD backgrounds may have about liver health which may have not been covered in the content of this education session.

Is it safe to use traditional or herbal medicines for liver health?

Some traditional or herbal medicines can help. You should always talk to your doctor first as some of these medicines can harm your liver. There is no evidence that alternative medicines (including herbal medicines and traditional Chinese medicine) treat your liver, despite what you might see on the Internet. They are not a substitute for a healthy lifestyle. It is important to eat healthy foods, exercise and avoid drinking alcohol or smoking to keep your liver healthy.

Besides alcohol, what else can damage the liver?

It is safe to take paracetamol (also called Panadol or Tylenol) in small, recommended amounts, for headaches or fevers. But if you take too much, it can seriously damage your liver and even lead to liver failure. In fact, taking too much paracetamol is one of the top reasons people end up needing a liver transplant. Other things that can harm your liver are chemicals you breathe in, like cleaning products, paint fumes, or thinners. If you have liver issues or drink regularly, always check with your doctor before taking medications — even ones you can buy at the shops.

Can liver damage get better or heal?

Yes. The liver is special because it's the only organ in the body that can repair itself. The liver can actually grow new healthy cells to replace the damaged ones. But sometimes the liver can't fully heal, especially if the thing that's hurting it (like a virus, too much alcohol, or certain medicines) keeps causing more damage.

If I drink alcohol every day, when will it start to harm my liver?

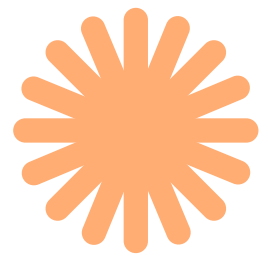
It's different for everyone, but the more you drink and the longer you drink, the higher the risk of liver damage. For some people, liver problems can start after 5 to 10 years, but for others, it may take 20 to 30 years. Some people may not get serious liver disease at all, but there's no way to know for sure who will and who won't. Things like your age, gender, family history, or if you have hepatitis C or other health issues can make liver damage happen faster.

I feel healthy – why should I get tested for liver disease?

Liver disease often has no symptoms in the early stages. You might feel healthy even when your liver is getting damaged. Getting a blood test is the only way to know if your liver is healthy.

Why would I need a liver function test?

Your doctor may ask you to do a liver test to check if your liver is working properly. This test is important if you have or might have liver disease, if you have hepatitis, if you drink a lot of alcohol, if you have a family history of liver problems, if you take medicines or herbs that may affect your liver, or if you have any of the symptoms discussed on this education session. It's a simple blood test, and it helps your doctor find out what's going on with your liver before things get worse.



Frequently Asked Questions (FAQs)

What if I don't want my family to know I have hepatitis or liver disease?

Your medical information is private. Health workers will not tell your family unless you ask them to. You have the right to confidential care in Australia.

Why are regular liver checks important?

If you have chronic hepatitis B, it's very important to see your doctor every 6 to 12 months for a liver check. This is because the virus can change over time. Sometimes it's quiet and not doing much harm. Other times, it becomes active and starts damaging your liver — and you might not feel sick at all. That's why regular tests are so important. They help your doctor check how your liver is doing and catch any problems early, before they get worse.

What are the main differences between hepatitis B and hepatitis C?

The hepatitis B virus is found in blood, semen, and other body fluids. It is most commonly passed from mother to baby during childbirth, but can also be spread through unprotected sex, sharing needles, or other contact with infected blood. There is **no cure**, but there is **vaccination** that can prevent infection. Most adults clear the virus on their own, but some people — especially those infected at birth or in early childhood — can develop **chronic hepatitis B**, which means the virus stays in the body long term and may lead to liver damage, cirrhosis, or liver cancer.

People with chronic hepatitis B can live long, healthy lives with regular monitoring every 6 to 12 months and, if needed, **treatment**.

The hepatitis C virus is spread **only through blood-to-blood contact**. This can happen through sharing needles, unsterile tattooing or piercing equipment, or unsterile medical procedures in some countries. It is **not spread through sexual contact as easily** as hepatitis B, and not passed from mother to baby as often. There is no vaccine, but **hepatitis C is curable** in most people with a short course of antiviral medication (usually 8–12 weeks).

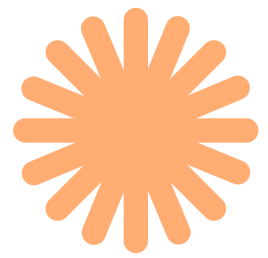
Without treatment, hepatitis C can become chronic and lead to serious liver damage over time.

Can I still get pregnant if I have hepatitis C?

Yes, you can. Hepatitis C won't affect your ability to become pregnant. There is only a very small chance your baby will be born with hepatitis C. If your baby is born with a hepatitis C infection, there is a 50% chance that they will clear the infection naturally.

Can I still breastfeed if I have hepatitis C?

Yes, you can. Hepatitis C is not transmitted through breast milk as long as you don't have cuts or bleeding nipples. It is passed on through blood-to-blood contact only.



Frequently Asked Questions (FAQs)

Is hepatitis C common?

Yes. Around 50 million people worldwide are living with chronic hepatitis C and close to 42,000 in NSW but many don't know they have it. The highest risk group for hepatitis C in NSW are people who inject drugs or have a history of injecting drugs.

Can I be vaccinated for hepatitis C in Australia?

There is no vaccine for hepatitis C yet.

Is it safe to take herbal medicines or traditional Chinese medicines if I have hepatitis C?

It depends on the medicine. But you should always talk to your doctor first, because some of these medicines can harm your liver.

If I have chronic hepatitis B, do I need to take medicine?

Not everyone with chronic hepatitis B needs medication. But everyone with chronic hepatitis B will need to have regular checks with their doctor every 6-12 months to monitor the health of their liver.

Can I have children if I have hepatitis C?

Yes, you can. Pregnant women with hepatitis B should tell their doctor, have a regular check-up, and make sure their baby gets vaccinated at birth.

What should I do if I think I've been exposed to hepatitis B?

If you think you've been exposed to the hepatitis B virus, see your GP or a doctor at a sexual health clinic.

Can hepatitis C virus be transmitted through saliva? Can I get it through kissing?

Hepatitis C is only spreads through blood-to-blood contact, not from saliva, sweat, tears.