

Look after your liver: It's important for you and your family to ask your doctor for a hepatitis B test

Here in Australia, there are over 210,000 people living with chronic (long term) hepatitis B.

- Around 15,260 of people with chronic hepatitis B in Australia were born in the Middle East or Africa
- Hepatitis B is a virus that can lead to liver damage and liver cancer
- Up to 1 in 4 people with chronic hepatitis B will die from liver cancer

Quick facts

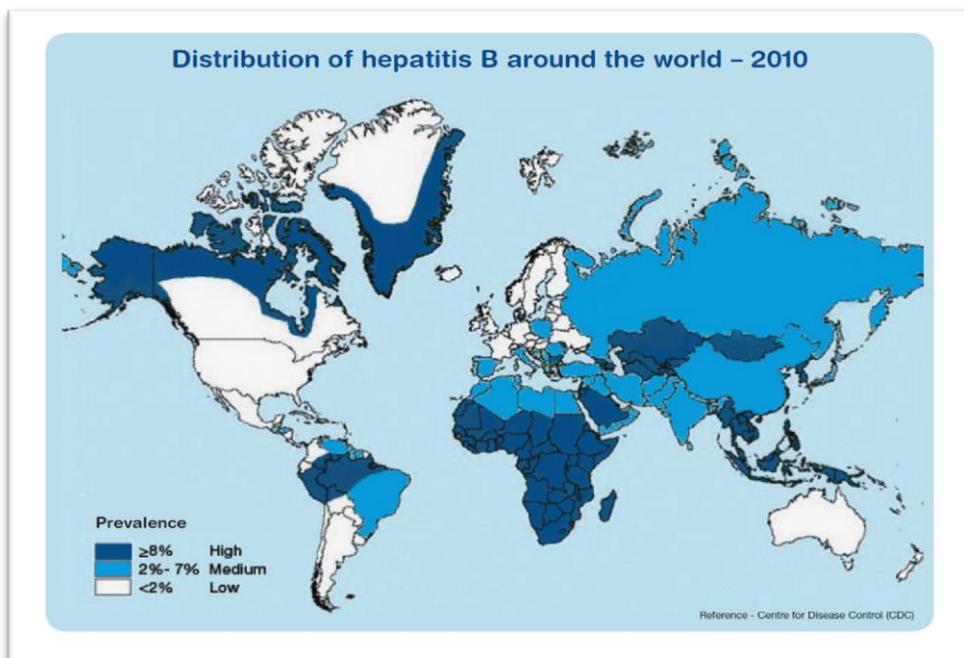
- The hepatitis B virus is not transmitted by sharing food or cutlery
- Vaccination can prevent hepatitis B infection, and hepatitis B related liver cancer
- People who have had hepatitis B for more than 6 months have 'chronic hepatitis'
- People with chronic hepatitis B can lead healthy lives. With regular tests every 6 months and treatment when needed, liver cancer can be prevented in the long run

Click here to find out more about the link between hepatitis B and liver cancer:

- [Arabic fact sheet](#)
- [English fact sheet](#)

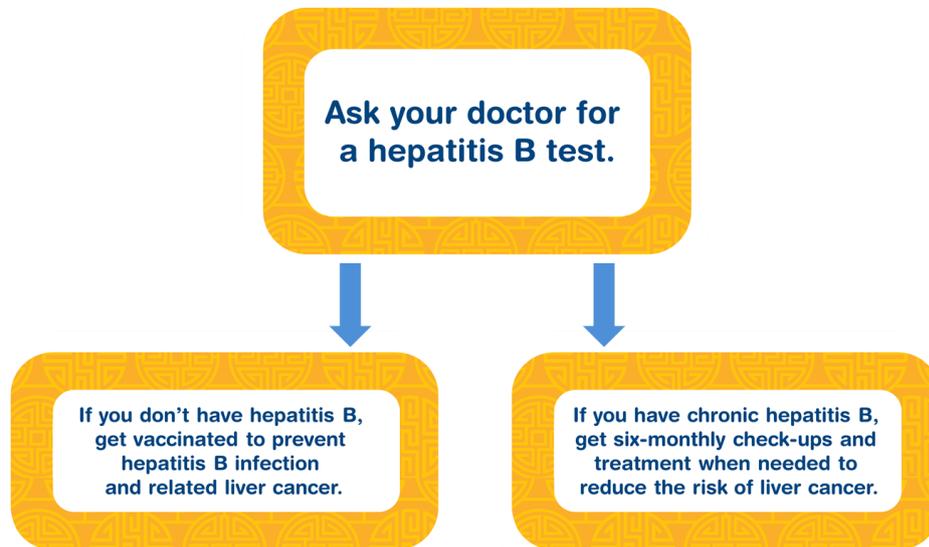
Check this map to see if you need to be tested for hepatitis B

If you were born or your parents were born in countries where hepatitis B is very common, you need to be tested hepatitis B. If you came from a country shaded in blue, it is recommended that you get a test for hepatitis B. It is important to ask your doctor for a hepatitis B test. Doctors may not include the hepatitis B test in their yearly health check-ups for you.



There are easy steps to take to protect you and your family against liver cancer that is caused by hepatitis B

Even if you have lived in Australia for many years, it is important to:



If you are not sure if you have been tested or vaccinated in the past, we recommend you ask your GP for a test.

A simple blood test can tell you:

- if you are at risk of hepatitis B infection and need vaccination,
- if you have been vaccinated and are protected,
- or if you have chronic hepatitis B and need further care.

Australia has had a free infant vaccination program since 2000. The hepatitis B vaccine is 3 doses given over 6 months and can protect you for life. Family and people in close contact with someone who has hepatitis B can be vaccinated for free. But vaccination won't protect you if you already have chronic hepatitis B. This is why testing before vaccination is important.

[Link to this English PDF of Arabic Website information]

Where can I get more information?

- Talk to your doctor
- To learn more about liver cancer – [you can read this information \(only in English\)](#) or you can talk to a nurse at Cancer Council Victoria in your preferred language. For an interpreter call 13 14 50 first, and ask the interpreter to contact the Cancer Council Victoria Helpline on 13 11 20.
- For information and support on hepatitis B visit www.hepvic.org.au or call the Hepatitis Infoline on 1800 703 003. For an interpreter call 13 14 50 first.
- For information, support and referral on hepatitis B call the Multicultural Health and Support Service on 03 9418 9929.