

Hep Can't Wait!

Join the Mighty Liver Quest this World Hepatitis Day

World Hepatitis Day, held on **28th July** every year, is more than just a date on the calendar. It's a global call to action to eliminate viral hepatitis as a public health threat by 2030.

This year, Hepatitis Queensland is encouraging all Queenslanders to join the Mighty Liver Quest by taking proactive steps towards maintaining their liver health.

Why 'Hep Can't Wait'?

Hepatitis B and C are the most common types of viral hepatitis, affecting over 300 million people worldwide, with over 47,000 of those in Queensland. Many remain unaware they have the virus until it causes severe liver damage.

Symptoms can be mild and may include tiredness, brain fog, and aches and pains. Early detection and treatment can save lives, making awareness and education vital.

Hepatitis B is spread through blood and sexual fluids, while hepatitis C is spread through blood-to-blood contact. Both can lead to liver cirrhosis and liver cancer if left untreated. Despite these risks, the stigma surrounding hepatitis often prevents people from seeking testing and treatment.

Join the Mighty Liver Quest

Hepatitis Queensland invites everyone to join in celebrating World Hepatitis Day. Here's how you can participate:

- **Take the Hepatitis Quiz:** Start your quest by checking your hepatitis risk online at www.hepcantwait.org.au. This quiz will help uncover if you may have come into contact with hepatitis B or C and need to be tested.
- **Get Tested:** If you haven't been tested for hepatitis, now is the time. Testing for hepatitis B and C is not part of a regular blood test. Contact your healthcare provider to schedule a test and encourage others to do the same.
- **Spread the Word:** Download and share 'Hep Can't Wait' videos, posters, social media images and more. By spreading the word, you help create a ripple effect that can reach countless individuals.
- **Support Hepatitis Queensland:** Consider donating to Hepatitis Queensland. Your contributions help support vital work in education, advocacy, and support for those affected by hepatitis. Donations over \$25 will receive a free pair of our mighty liver earrings!

Visit www.hepcantwait.org.au to start your Mighty Liver Quest today!

