

# HOW DO YOU GET HEPATITIS C?

You get hep C from blood-to-blood contact

## HIGH RISK

## LOW RISK

## NO RISK



Sharing needles or injecting equipment



Unprotected sex



Sharing food, or eating food made by someone with hepatitis



Being injected by someone else



Breast feeding with cracked or bleeding nipples



Hugging, kissing or shaking hands



Having a tattoo or piercing done by a friend



Mums with hep C can pass it on to their bubs at birth



Using clean injecting equipment



Traditional practices or ceremonies



Sharing toothbrushes, razors or clippers



Competing in contact sports



Needle stick injury



Washing someone, sharing toilets, showers and bathrooms

HepC  
Check  
Connect  
Cure

# GOOD AND BAD CHOICES FOR YOUR LIVER

## BAD FOR YOUR LIVER



Alcohol and smoking



Fatty or sugary food



Some drugs, medicines and herbs



Stress

## GOOD FOR YOUR LIVER



Drinking lots of water

Eat healthy food (low-fat, low sugar), lots of fruits, veggies



Rest and sleep when tired

Exercise regularly



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