

# Myth Busting

# HEPATITIS B

July 2020

Hepatitis B causes liver inflammation and damage. It affects a lot of people in Australia, it can be quite serious, but is most often poorly understood.

There are a lot of myths about hepatitis B that contribute to stigma and discrimination, which can prevent people seeking treatment for their hepatitis B.

Get the facts about hepatitis B

[www.hepatitisACT.com.au](http://www.hepatitisACT.com.au)



## FALSE!

You can get hep B from sharing food

## FACT

Hepatitis B is not spread by saliva so sharing food and kissing is not a risk. Hepatitis B is only passed on:

- from mother to baby at birth
- blood to blood contact (for example, sharing injecting equipment and unsterile body art practices)
- unprotected sexual contact



## FALSE!

My doctor would have told me if I had hep B, or if I need to be tested

## FACT

Hepatitis B testing is not part of the routine blood test.

It is advisable to ask your doctor if you have been tested for hepatitis B or if you have immunity (been vaccinated) to hepatitis B.

## FALSE!

If someone has hep B they would be sick and have yellow skin and eyes

## FACT

Most people with hep B look and feel healthy. Yellow skin and eyes only happens when a person is very sick and it can be very serious.



## FALSE!

If I don't need medication then I'm a healthy carrier

## FACT

There is no such thing as a healthy carrier. If you have hepatitis B there is always a risk of liver damage.

Regular visits to your doctor/specialist are important so they can monitor your liver and know when/if you need medication.

Contact Us

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