



MULTILINGUAL TOOLKIT

HEPATITIS AWARENESS WEEK

22 July - 28 July 2024

Hepatitis B

Hepatitis C

**Multicultural HIV and Hepatitis Service (MHAHS)
Diversity Programs and Strategy Hub**

www.mhahs.org.au | @TheMHAHS



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For more information email info@mhahs.org.au

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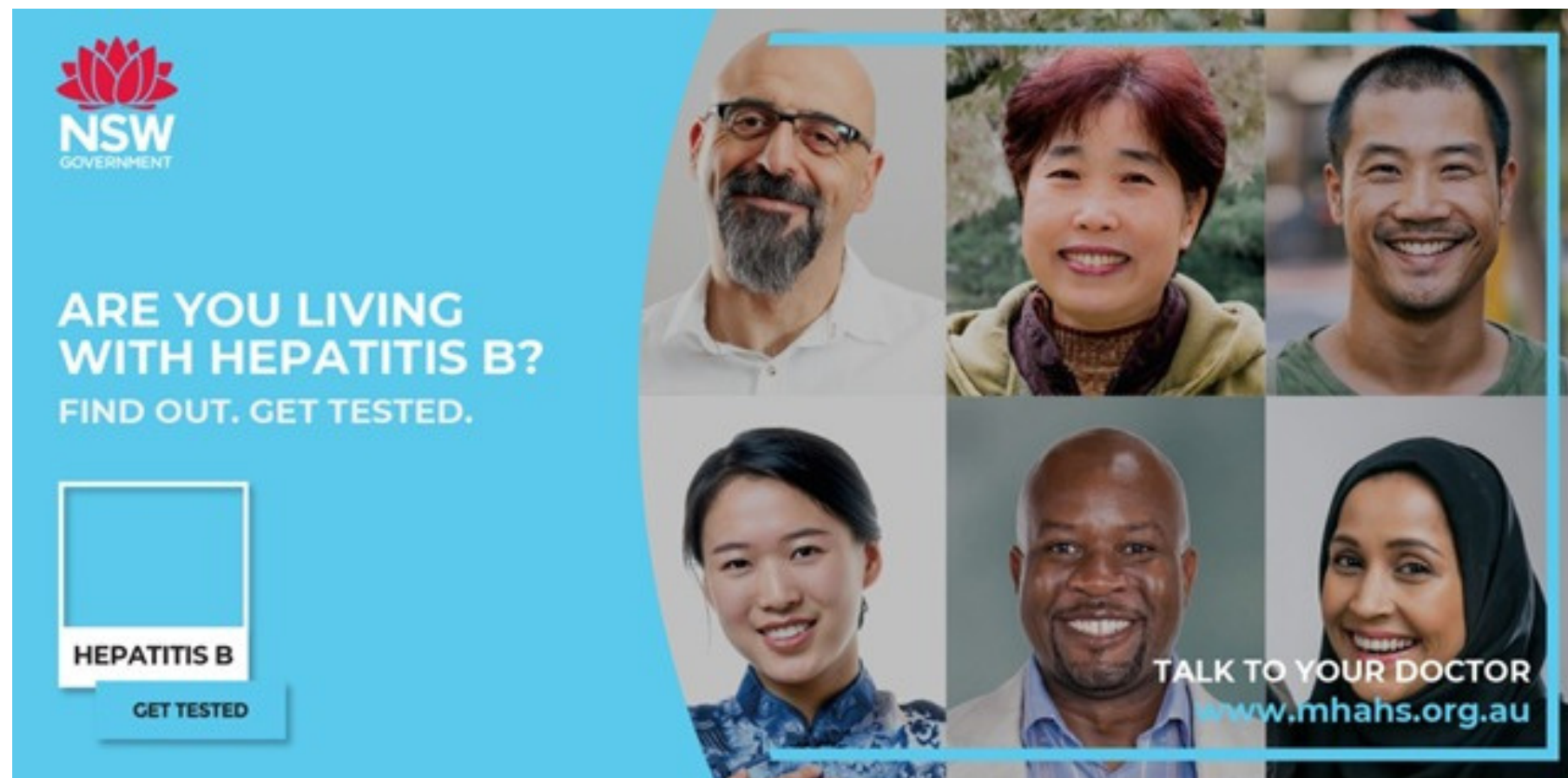
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Signature Block



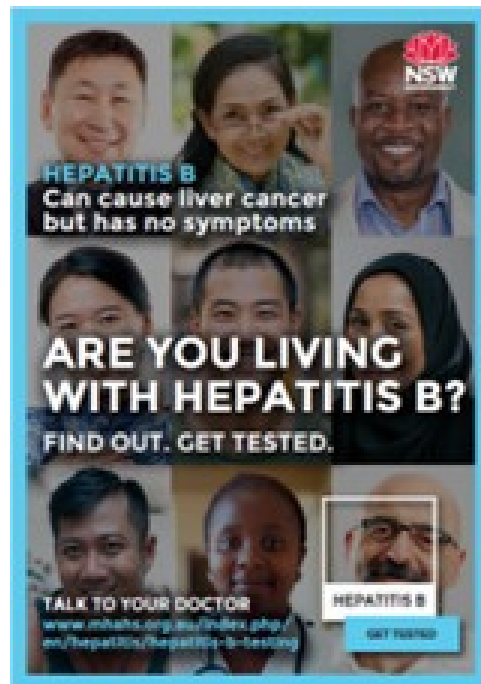
Website Banner



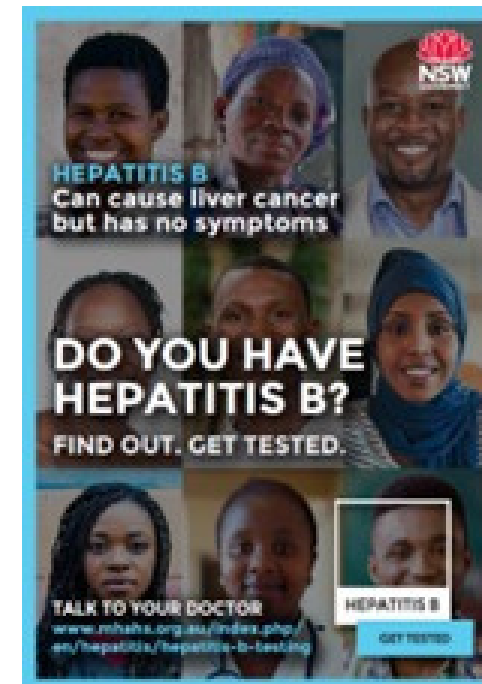
Are you living with hepatitis B? Find out. Get tested campaign encourages hepatitis B testing. Multilingual campaign messages have been co-designed for the **Arabic-speaking, Chinese-speaking, Korean, Vietnamese** and **sub-Saharan African** communities.

Posters

A4 Posters feature the campaign key messaging, which has been tailored for each community.



English: cross-cultural



English: African communities



Arabic



Chinese (Simplified)



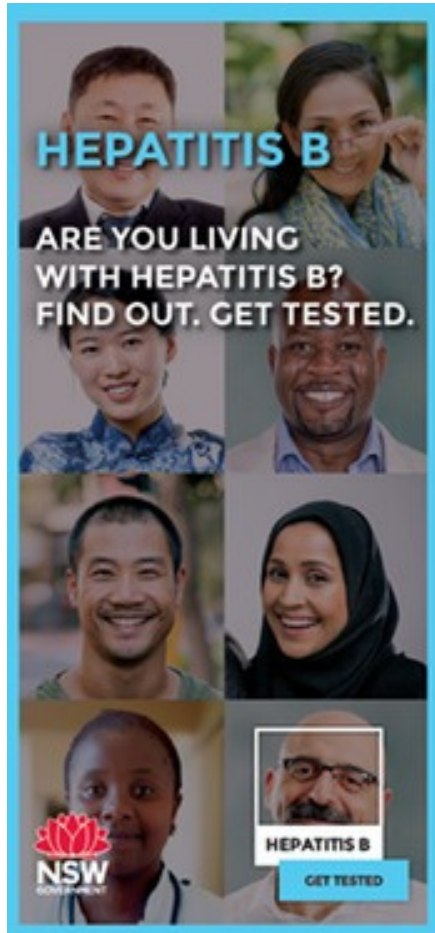
Korean



Vietnamese

Brochures

The brochure promotes testing and provides basic information about chronic hepatitis B, including modes of transmission, monitoring, treatment and prevention.



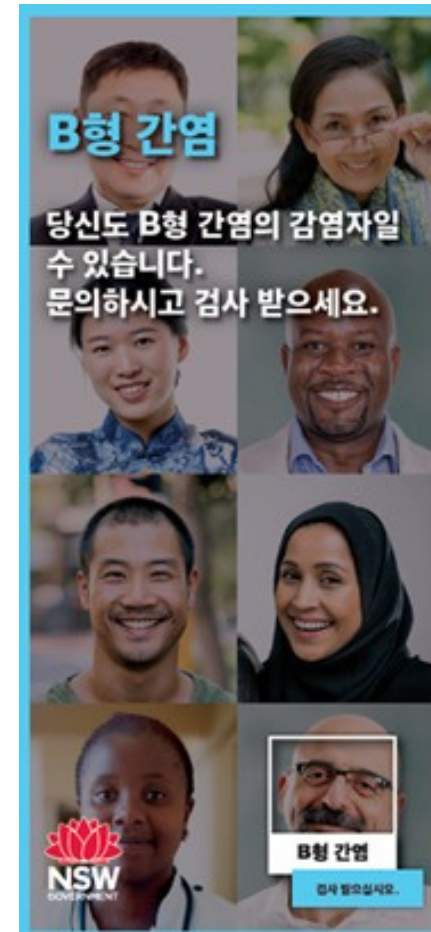
English



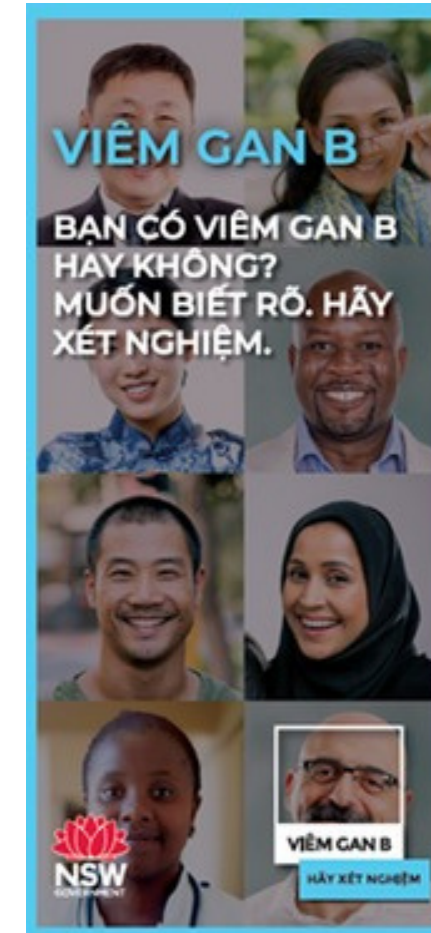
Arabic



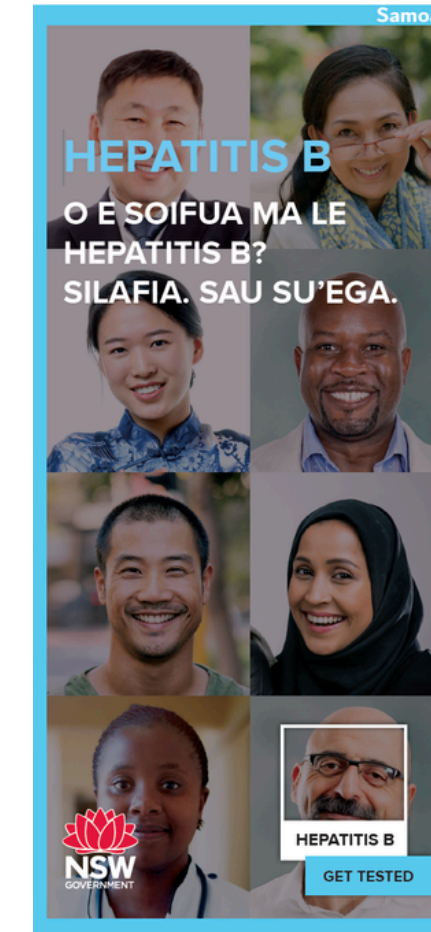
Chinese (Simplified)



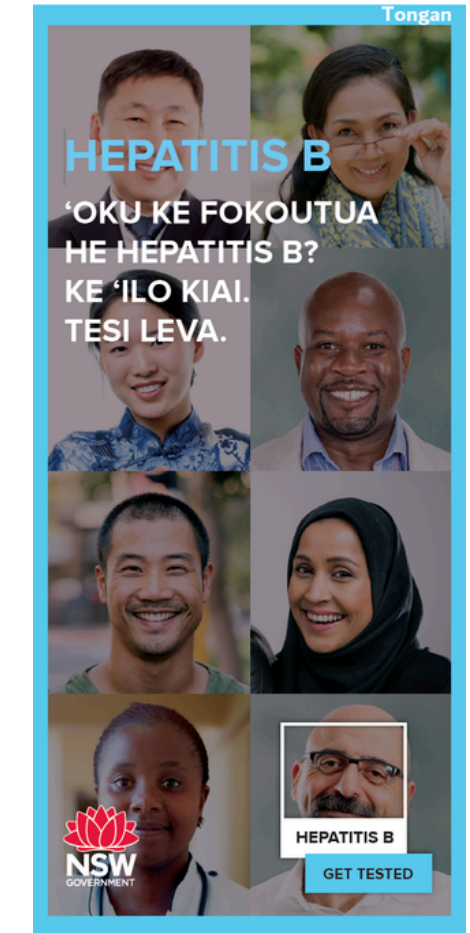
Korean



Vietnamese



Samoan



Tongan

Social Media - In-language assets

Social media stills (images) and 20-30 second animations feature key campaign messages and the call to action.

	Suggested campaign messaging	Webpage	Image	Video
English	<p>The only way to know if you have chronic hepatitis B is by getting a hepatitis B blood test. It is quick and easy.</p> <p>Hepatitis B is common in our communities. Chronic (long-term) hepatitis B can lead to liver damage and liver cancer.</p> <p>Most people living with chronic hepatitis B don't know they have it, because it can take several years for the symptoms to appear.</p>	<p>www.mhahs.org.au/index.php/en/hepatitis/hepatitis-b-testing</p>		
English - African Communities	<p>The only way to know if you have chronic hepatitis B is by getting a hepatitis B blood test. It is quick and easy.</p> <p>Hepatitis B is common in our communities. Chronic (long-term) hepatitis B can lead to liver damage and liver cancer.</p> <p>Most people living with chronic hepatitis B don't know they have it, because it can take several years for the symptoms to appear.</p>	<p>www.mhahs.org.au/index.php/en/hepatitis/hepatitis-b-testing</p>		
Arabic	<p>الطريقة الوحيدة لمعرفة إذا كان لديك التهاب الكبد ب المزمن هي بإجراء فحص الدم الخاص بالتهاب الكبد ب. الفحص سريع وسهل.</p> <p>إلتهاب الكبد ب شائع في جالياتنا. يمكن لالتهاب الكبد ب المزمن (طويل الأمد) أن يؤدي إلى تلف الكبد و سرطان الكبد</p> <p>لا يعرف معظم الناس بإصابتهم بالتهاب الكبد ب المزمن، لأنه يمكن أن يستغرق عدة سنوات لكي تظهر أعراضه.</p>	<p>www.mhahs.org.au/index.php/ar/hepatitis/hepatitis-b-testing</p>		

Social Media - In-language assets

Social media stills (images) and 20-30 second animations feature key campaign messages and the call to action.

	Suggested campaign messaging	Webpage	Image	Video
Chinese (Simplified)	<p>了解自己是否患有慢性乙肝的唯一途径是进行乙肝血液化验。化验过程简单快捷。</p> <p>乙肝在我们的社区很常见，慢性乙肝可导致肝损伤或肝癌。</p> <p>大多数慢性乙肝患者并不知情，因为乙肝症状有可能需要几年时间才会显现出来。</p>	<p>www.mhahs.org.au/index.php/zh/hepatitis/hepatitis-b-testing</p>		
Korean	<p>만성 B형 간염에 걸렸는지 알아보는 유일한 방법은 정확한 혈액 검사를 하는 것입니다. 이 것은 신속하고 쉬운 방법입니다.</p> <p>B형 간염은 우리 지역 사회에서도 많이 볼 수 있습니다. 만성 B형 간염은 간 손상과 간암을 일으킬 수 있습니다.</p> <p>병이 진행된 몇 년 후 증상이 나타날 수 있어 대부분의 만성 B형 간염을 가지고 있는 사람들은 자신이 B형 간염을 가지고 있다는 것을 모르는 경우가 많습니다.</p>	<p>www.mhahs.org.au/index.php/ko/hepatitis/hepatitis-b-testing</p>		
Vietnamese	<p>Cách duy nhất để bạn biết mình có bị viêm gan mãn tính là đi xét nghiệm máu cho viêm gan B. Rất nhanh và dễ dàng.</p> <p>Viêm gan B rất phổ biến trong cộng đồng chúng ta. Viêm gan B mãn tính (kéo dài) có thể dẫn đến tổn thương gan và ung thư gan.</p> <p>Hầu hết người bị viêm gan B mãn tính không biết họ có bệnh, bởi vì có thể mất vài năm triệu chứng mới xuất hiện.</p>	<p>www.mhahs.org.au/index.php/vi/hepatitis/hepatitis-b-testing</p>		

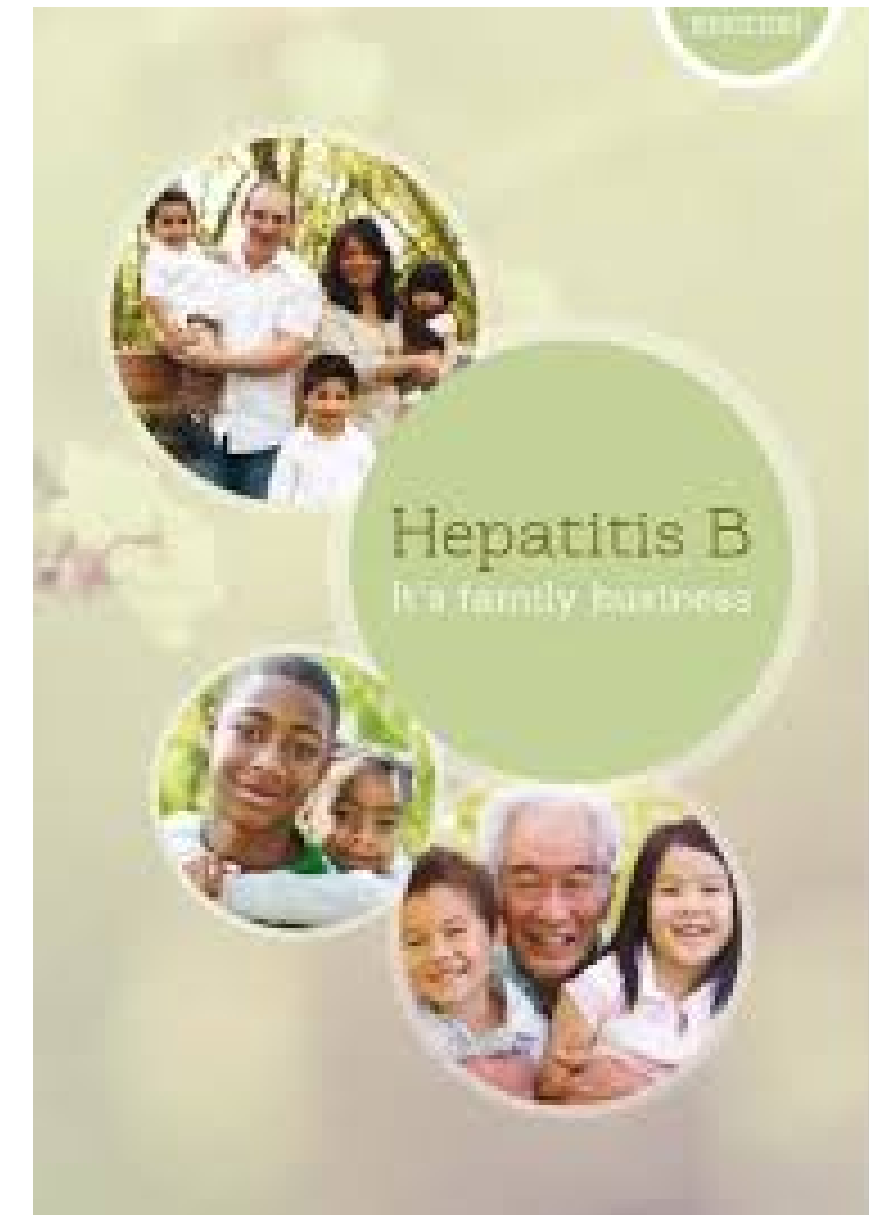
Hepatitis B -It's Family Business booklet

The 'Hepatitis B. It's family business' booklet is a comprehensive resource developed specifically for people from culturally and linguistically diverse backgrounds.

The booklet covers simple information about hepatitis B, consequences of chronic infection, transmission, testing, treatment, prevention as well as information on support services in NSW.

Available in **English, Arabic, Chinese, Indonesian, Khmer, Korean, Thai and Vietnamese** on the MHAHS website.

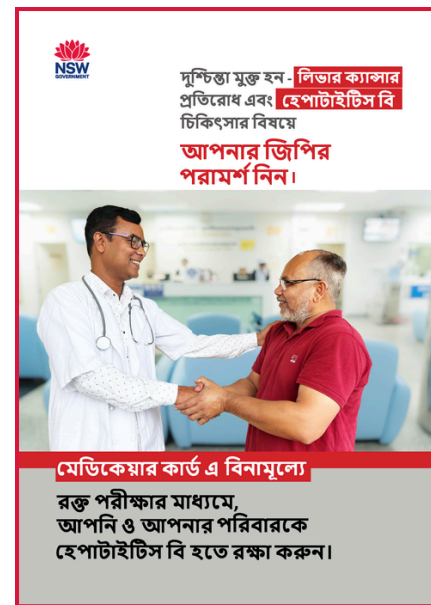
For free hard copies of the booklet, complete the online **Resource Order Form**.
Email completed form to: info@mhahs.org.au



Hepatitis B - Bangladeshi Campaign

A range of posters and animation videos in Bengali have been designed to promote hepatitis B testing and raise awareness within Bangladeshi community.

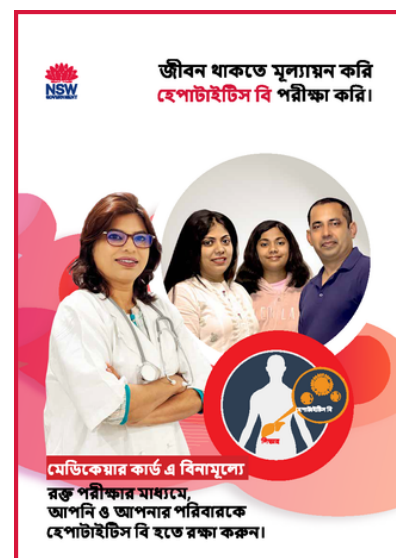
Posters



Become worry free



Encouraging test



Hepatitis B is asymptomatic

Videos



Become worry free and let's value our life - 20 sec video



Hepatitis B is asymptomatic, become worry free - 20 sec video



Hepatitis B is asymptomatic - 14 sec video

Hepatitis B testing

This testing chart by Hepatitis NSW provides an overview of the tests needed to check for hepatitis B and simply explains testing terminology.

HEP B TESTING FOR ADULTS

ARE YOU LIVING WITH HEPATITIS B? FIND OUT. GET TESTED.

HEP B TEST RESULTS WILL TELL YOU IF YOU HAVE...

<p>A CURRENT INFECTION - YOU HAVE HEP B. TALK TO THEM ABOUT GETTING TESTED.</p> <p>YOUR FAMILY OR SEXUAL PARTNERS MIGHT ALSO HAVE HEP B.</p> <p>SEE A SPECIALIST ABOUT HEP B. - YOU MIGHT NEED TREATMENT TO PROTECT YOUR LIVER.</p> <p>6 MONTHS</p> <p>THERE IS A CHANCE YOUR HEP B INFECTION IS ONLY VERY RECENT. ADULTS HAVE A 95% CHANCE OF FIGHTING OFF A RECENT INFECTION.</p>	<p>IMMUNITY (VACCINATION) YOU HAVE BEEN VACCINATED AND ARE IMMUNE TO HEP B. YOU CAN'T GET HEP B.</p> <p>NO ACTION NEEDED YOU ARE PROTECTED AGAINST HEP B AND CAN'T GET IT.</p>	<p>IMMUNITY (PAST INFECTION) YOU ARE IMMUNE TO HEP B. YOU HAD HEP B IN THE PAST, BUT YOUR BODY FOUGHT IT OFF. YOU CAN'T GET HEP B AGAIN.</p> <p>YOUR FAMILY MIGHT HAVE HEP B TOO. TALK TO THEM ABOUT GETTING TESTED.</p>	<p>NO IMMUNITY YOU DON'T HAVE HEP B, BUT YOU COULD STILL GET IT.</p> <p>GET VACCINATED FOR HEP B ASK YOUR DOCTOR ABOUT GETTING A VACCINATION. YOU'LL NEED TO GET TESTED AGAIN AFTER YOUR 3RD VACCINATION TO CHECK THAT YOU ARE IMMUNE TO HEP B.</p>
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***IF YOU HAVE HEP B**
People with hep B can live long, healthy lives. To make sure you stay as healthy as you can, it is important that you have check-ups with your doctor every 6 months. At your check-up, your doctor will do a blood test and sometimes a liver scan. Check-ups help your doctor make sure your liver is healthy and work out if you should be on treatment. They will also talk to you about what you can do to help keep your liver healthy.

English

成人乙肝三项检查

要求您的医生查出您是否感染了乙肝或者已经获得终身免疫力

乙肝检查可以通知您是否....

<p>感染了乙肝 再次接受乙肝检查以确定您是否还有乙肝(乙肝感染持续时间超过6个月称为慢性乙肝)</p> <p>慢性乙肝 乙肝感染持续时间超过6个月称为慢性乙肝。慢性乙肝是个终身疾病。*</p> <p>每6个月进行定期检查 您的伴侣或家庭成员也可能感染了乙肝。请建议他们接受乙肝检查。</p>	<p>乙肝免疫(疫苗) 您接种了乙肝疫苗,产生了抗体,也代表已经获得免疫力。您终身不会感染乙肝。</p> <p>不必采取任何行动 您有了抗体,也代表已经获得免疫力。您终身不会感染乙肝。</p>	<p>乙肝免疫(恢复期) 您以前患过急性乙肝,不过现在您已经产生了抗体,所以已经获得免疫力。您现在已经有乙肝,也不会再次感染乙肝。</p> <p>您的伴侣或家庭成员也可能感染了乙肝。 请建议他们接受乙肝检查。</p>	<p>无免疫(抗体) 您目前没有乙肝,但是如果您没有乙肝抗体,您如果接触到乙肝病毒,是可以感染乙肝的。</p> <p>接种乙肝疫苗 要求您的医生、护士、社区健康诊所、性健康诊所、旅行卫生保健中心,或者澳洲原住民健康诊所让您接种乙肝疫苗。</p>
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***如果您患了慢性乙肝**
乙肝患者可以健康长寿。为了保持健康,您需要每6个月接受定期检查。医生会替您做血检和B超检查,并且查出您肝脏的健康。医生也可以通过检查确定您是否需要服药。医生也会与您商量怎么保持肝脏健康。

Chinese

성인을 위한 B형 간염 검사

자신이 B형 간염 환자인지 아니면 면역이 있는 상태인지 알아보는 검사

B형 간염 검사 결과 내용

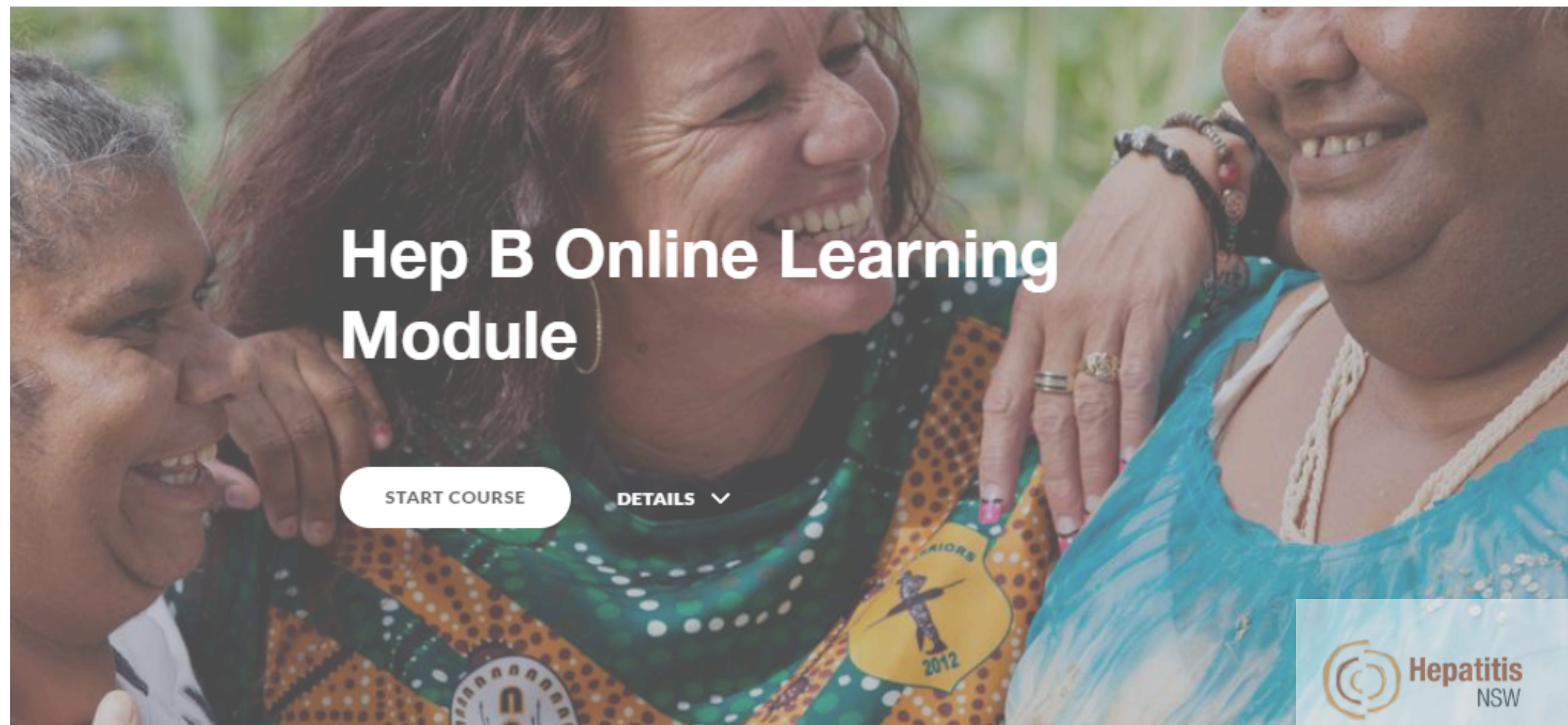
<p>현재 감염된 상태 - 지금 B형 간염 바이러스에 감염되어 있음 현재 감염 상태라면 6개월 후 다시 B형 간염 검사 실시 (6개월 이상 B형 간염 바이러스가 있다면 신체에 바이러스를 스스로 없앨 수 없다는 뜻)</p> <p>만성 B형 간염 6개월 이상 B형 간염 바이러스가 있다면 평생 만성 B형 간염환자로 삼는 것.</p> <p>매 4개월마다 정기 간헐적인 배우자와 가족도 B형 간염 검사 필요</p>	<p>면역 (예방접종으로) 이미 예방접종됨. 항체 생성. B형 간염 가능성 없음</p> <p>면역 (과거 감염으로) 이미 과거 감염으로 항체 생성. B형 간염 가능성 없음</p> <p>면역 없음 B형 간염 바이러스 없으나 감염 위험 있음</p>	<p>더 이상 조치 필요 없음 B형 간염 바이러스 감염 가능성 없음</p> <p>가족 감염 위험 가족 검사 권장</p> <p>예방접종 필요 의사, 간호사, 보건소, 성우리나, 여행 클리닉에 예방접종 문의</p>
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***만성 B형 간염 환자-**
평생 만성 B형 간염환자라도 장수하게 건강하게 살 수 있습니다. 건강하게 장수하려면 반드시 매 4-12개월마다 의사와 정기 검진을 받는 것이 중요합니다. 검진은 혈액검사, 간 초음파 검사 등으로 이뤄지며 의사가 간 상태와 치료의 필요 여부를 판단할 수 있습니다. 또한 건강한 간을 유지하기 위해 어떻게 해야 할 지 알려줄 것입니다.

Korean

Online learning

Hepatitis NSW's Hep B online learning module is a simple introduction to hepatitis B related topics. The module is designed for everyone who is interested in the topics and is particularly relevant for people working with people affected by or at risk of hepatitis B.



Posters

A4 Posters feature the campaign key messaging. Multi-faced posters promote hepatitis C treatment. Single-faced posters promote hepatitis C testing, featuring modes of transmission relevant for each community.



Arabic Multi-Faced



Chinese (Simplified) Multi-Faced



Vietnamese Multi-Faced



Arabic Single - Male
Arabic Single - Female



Chinese (Simplified) Single



Vietnamese Single - Male
Vietnamese Single - Female

The Live Free of Hepatitis C campaign raises awareness of hepatitis C testing and treatment, featuring tailored messages for the **Arabic-speaking, Chinese-speaking** and **Vietnamese** communities.

Video - Arabic

Videos feature the story of community members who have been cured for from hepatitis C. In their stories they reflect on their journey from the shock they experienced when first diagnosed, how they felt and the stigma and discrimination associated with hepatitis C, to undertaking treatment and finally living free of hepatitis C.

Bassam is a 40 year old man, who was born in Iraq. He came to Australia in 2013.

“

I was diagnosed with hepatitis C when I was 20 years old. I found out through a routine blood test in Iraq. I don't really know how I got it, but I think it might have been from **a blood transfusion I had as a child.**



Full Video

Short Video

Video - Chinese (Mandarin)

Videos feature the story of community members who have been cured for from hepatitis C. In their stories they reflect on their journey from the shock they experienced when first diagnosed, how they felt and the stigma and discrimination associated with hepatitis C, to undertaking treatment and finally living free of hepatitis C.

Ling was 20 years old when she came to Australia from mainland China in 2010.

“

I first **found out I had hepatitis C during my first pregnancy**. I was living in Australia, and I was shocked as I didn't know how I got the virus.



Full Video

Short Video

Video - Vietnamese

Videos feature the story of community members who have been cured for from hepatitis C. In their stories they reflect on their journey from the shock they experienced when first diagnosed, how they felt and the stigma and discrimination associated with hepatitis C, to undertaking treatment and finally living free of hepatitis C.

Hanh is in her 60's. She was born in Vietnam and came to Australia with her husband as a refugee over 30 years ago.

“

In 2006 I found out I had hepatitis C after a blood test at my GP. I went to the GP for a general check-up and was offered the hepatitis B vaccination. I asked about testing for other types of hepatitis. When the test for hepatitis C was positive, **I was very surprised because I had never felt unwell.**



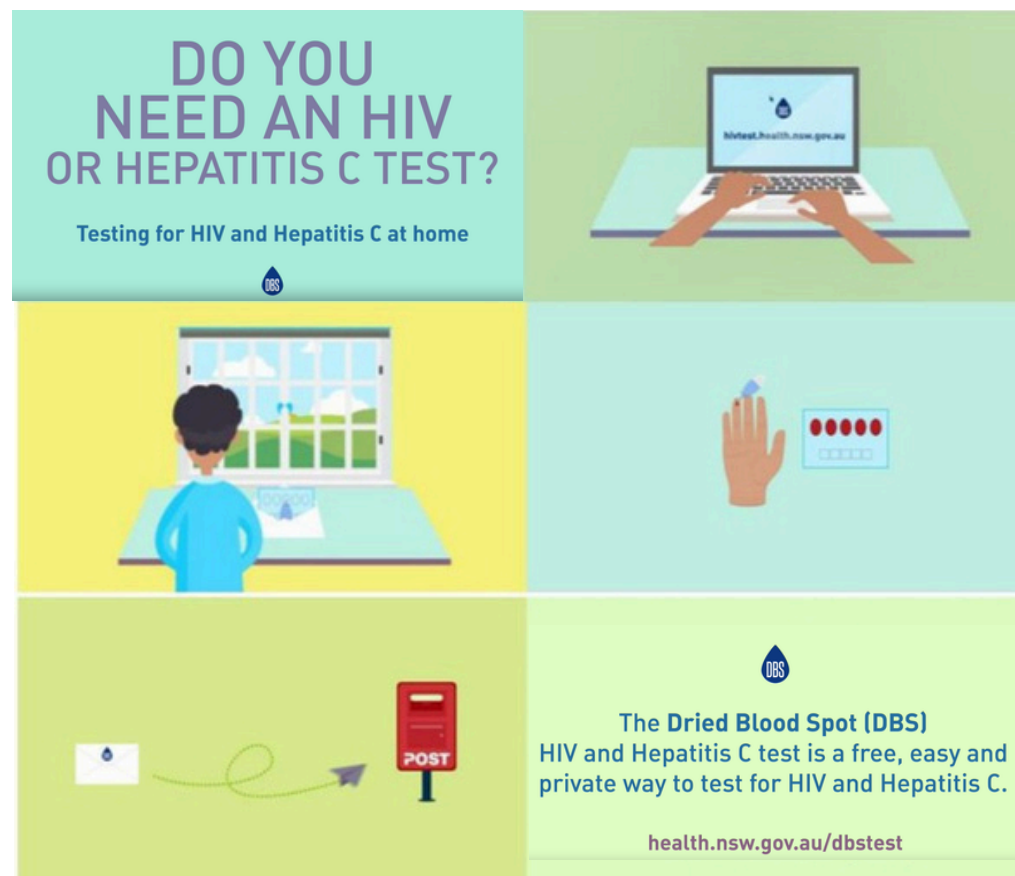
[Full Video](#)

[Short Video](#)

Testing - DBS Testing resources

Dried Blood Spot (DBS) Testing offers eligible individuals the convenience of testing for hepatitis C and HIV in the comfort of their own homes, eliminating the need for doctor visits.

It's a simple, reliable, and confidential method that allows community members to order a free DBS testing kit online, provide a fingerprick blood sample on the test card provided, and send it back to the laboratory for testing. Results are provided by a nurse within a week.



Arabic

download here

Chinese

download here

English

download here

Indonesian

download here

Thai

download here

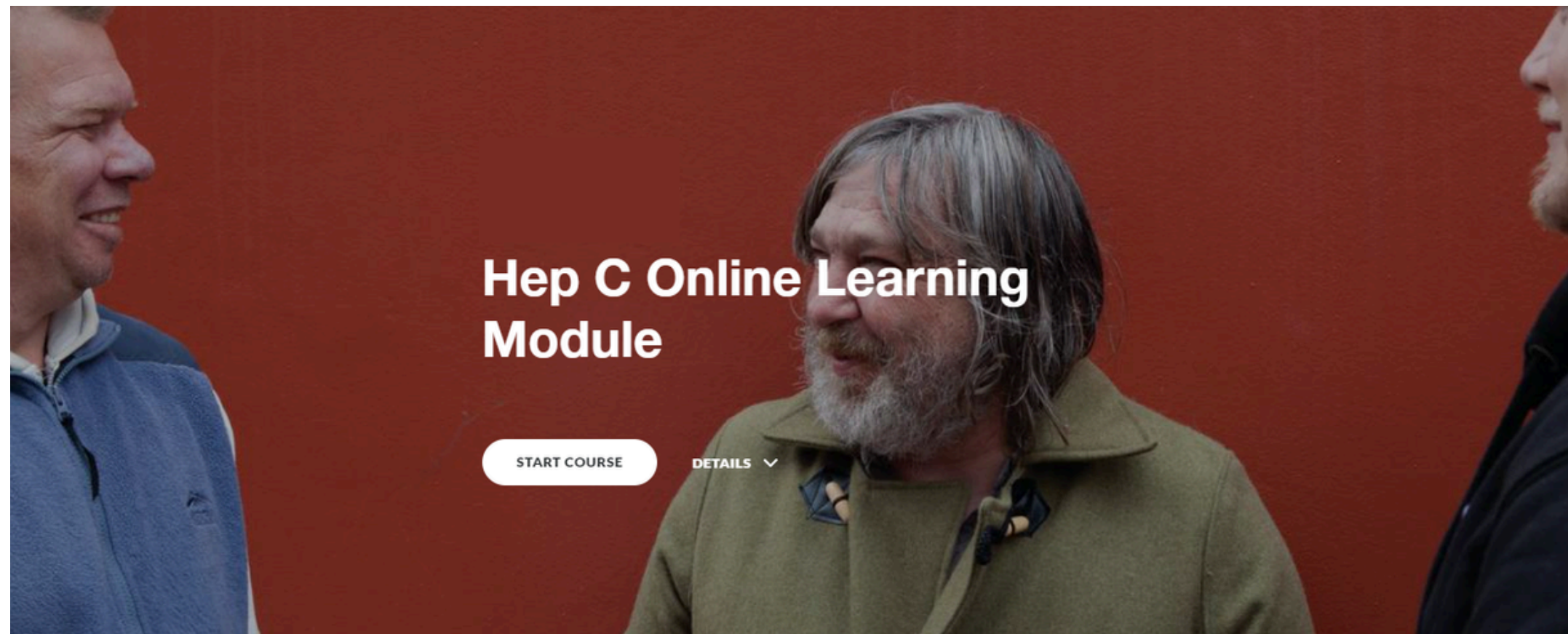
Vietnamese

download here

For more information, visit the **NSW Health DBS Test page**

Online learning

Hepatitis NSW's Hep C online learning module is a simple introduction to hepatitis C related topics. The module is designed for everyone who is interested in the topics and is particularly relevant for people working with people affected by or at risk of hepatitis C.





Hepatitis Awareness Week 2024

Multicultural HIV and Hepatitis Service (MHAHS), Diversity Programs and Strategy Hub
www.mhahs.org.au | @TheMHAHS

For more information email
info@mhahs.org.au