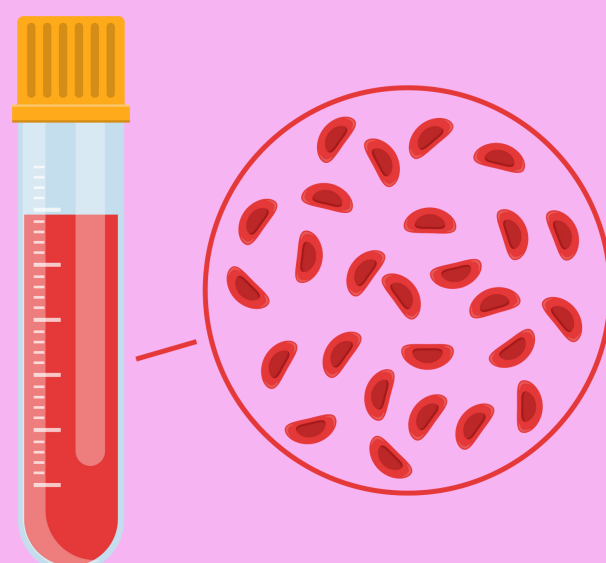


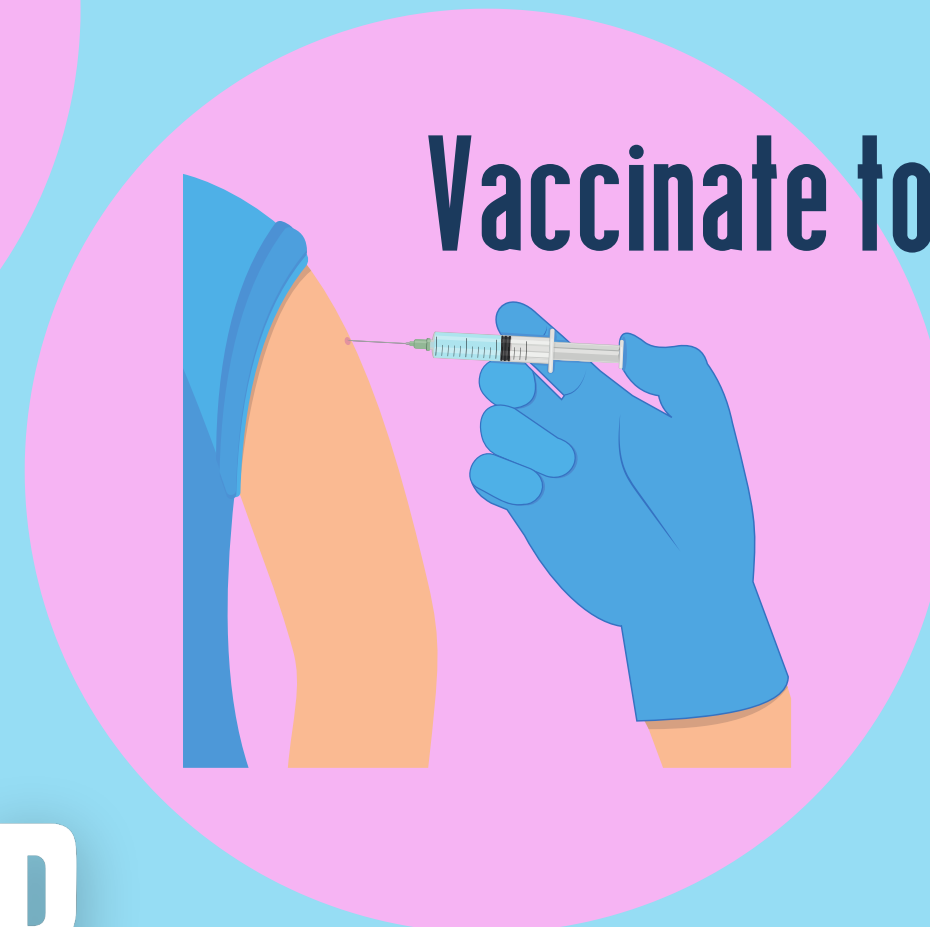
Avoid junk food, alcohol
and smoking



Test your blood



Vaccinate to  hep B

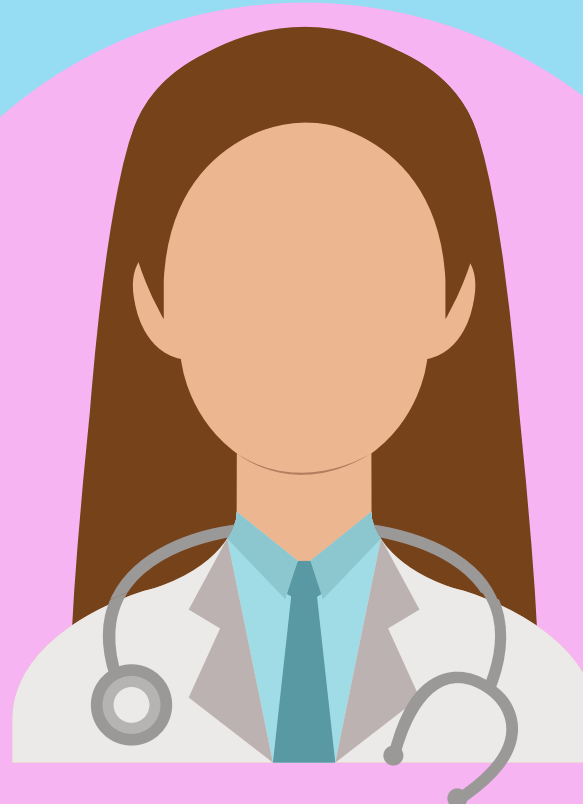
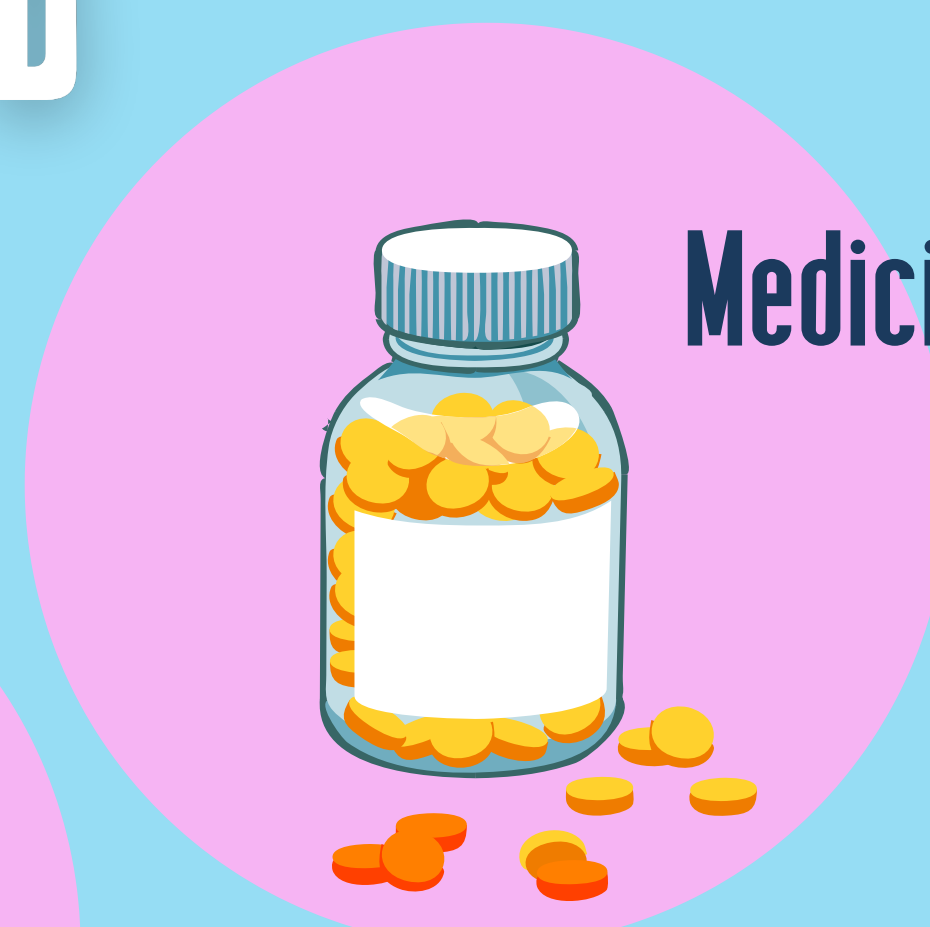


Eat more fruit and veg



Hepatitis B

Medicine to stay healthy



Check your liver every 6 months

hepatitis*wa*