

SEEK TRAVEL ADVICE FROM  
YOUR DOCTOR AT LEAST 6 TO 8  
WEEKS PRIOR TO DEPARTURE  
TO UNDERSTAND THE RISKS OF  
HEPATITIS WHEN TRAVELLING.†

# PLANNING AN OVERSEAS TRIP?

If travelling to a country where hepatitis  
is common, you may be at risk.

†Uaccination against other diseases may be required.



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Melbourne VIC. Date of approval April 2017.  
AUS/TWI/0013/17

- Viral hepatitis causes inflammation of the liver and in some cases is a potentially serious disease.
- Some forms may lead to lifelong liver disease or even liver cancer.

## WHAT IS VIRAL HEPATITIS?

Viral hepatitis is an infection that causes inflammation of the liver.

There are **five strains of viral hepatitis: hepatitis A, B, C, D and E.**

Spread by  
food & water



**Hepatitis A & E** are spread by contaminated food and water, and do not cause long-term disease.

Spread by blood  
& body fluids



**Hepatitis B, C & D** are spread by contact with contaminated blood and body fluids and may cause serious, long-term disease, including cirrhosis and liver cancer.

## TRAVELLING AND THE RISK OF VIRAL HEPATITIS

**Hepatitis A, B and C** are common in a number of popular overseas destinations visited by Australians, including much of Asia and Africa.

**Hepatitis D** is highly prevalent in Central and Northern Asia, Japan, the Mediterranean, Middle East, and parts of Africa and the Pacific.

**Hepatitis E** is common in South and Central Asia, tropical East Asia, Africa, and Central America.

Ask your doctor about the risk of hepatitis in the countries you plan to visit. Vaccination against other diseases may be required.

## UNDERSTAND THE RISKS FOR TRAVELLERS

In countries where hepatitis is common, it can be spread in many different ways.

### HEPATITIS A & E



Drinking contaminated water



Eating contaminated or poorly cooked food



Consuming ice made from contaminated water

### HEPATITIS B, C & D



Tattoos



Medical or dental procedures with contaminated equipment



Accidents that require medical treatment



Pedicures & manicures with contaminated equipment



Acupuncture



Sharing a razor



Sexual contact

Of the five strains of viral hepatitis, **vaccines are only available for hepatitis B and A.**<sup>#</sup>

If you're aged of 30+, it is unlikely that you have been vaccinated against hepatitis B.<sup>‡</sup>

It is important that you discuss hepatitis vaccination with your doctor at least 6–8 weeks prior to travelling. You should also make sure you are up-to-date with routine vaccinations.

<sup>#</sup>Vaccination against hepatitis B also confers immunity against hepatitis D. There are no vaccines available for hepatitis C and E.

<sup>‡</sup>Hepatitis B vaccination programs ran from 1996 to 2013 for adolescents and from 2000 for infants.