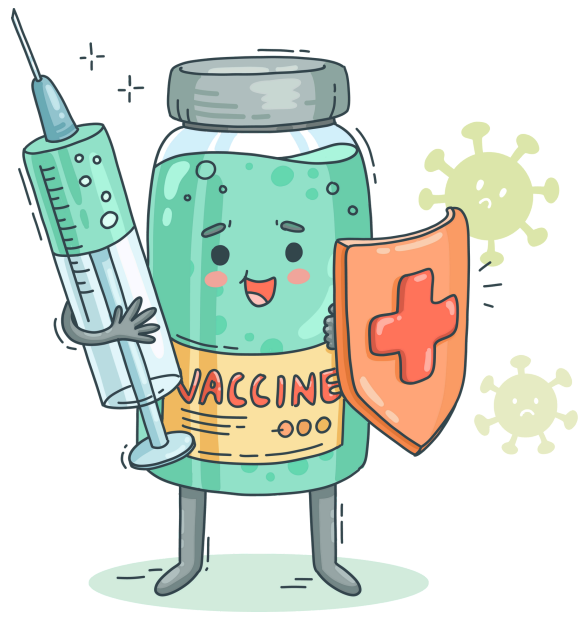


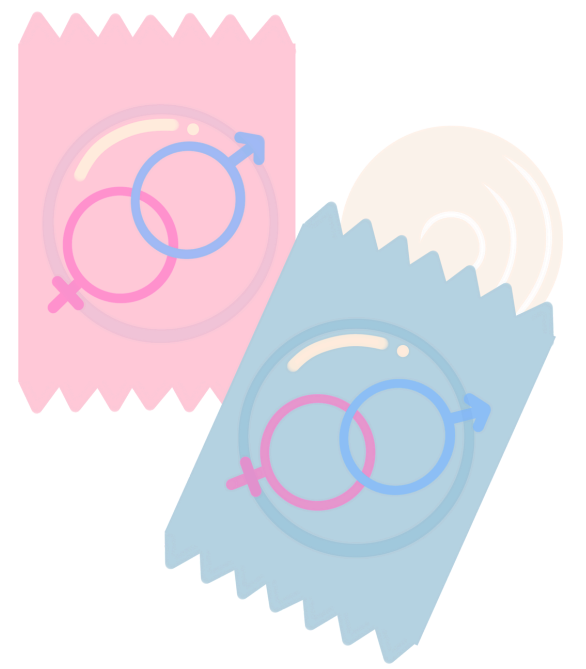
# Prevention of Hepatitis & Cirrhosis



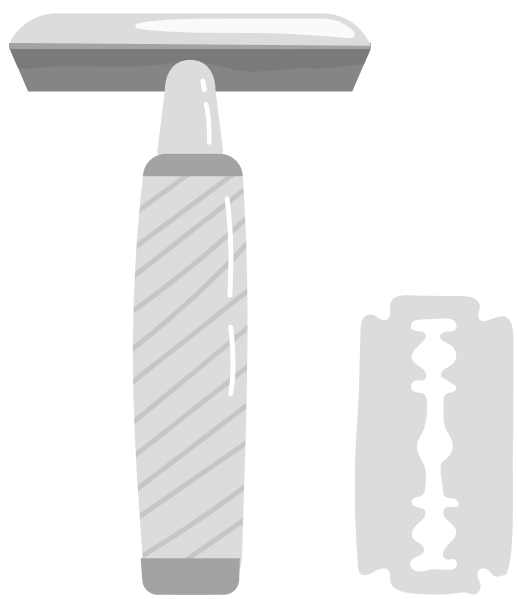
**Get vaccinated  
against Hepatitis  
A and B infections**



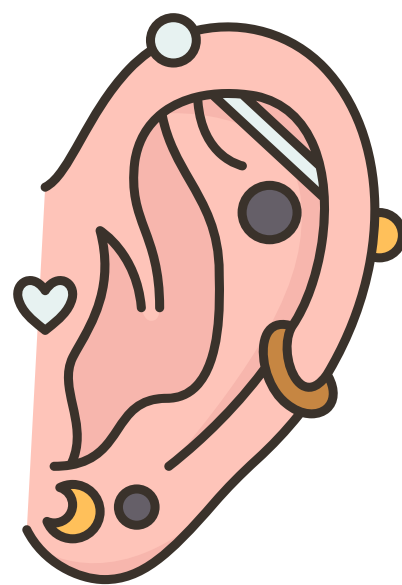
**Use sterile  
injections  
always**



**Practice safe sex**



**Use your own  
razor and  
blades**



**Use safe tattooing  
and piercing  
equipment**



**Reduce alcohol  
intake and avoid  
harmful substances**



**Drink bottled water  
and eat healthy  
foods when  
travelling to poor  
sanitation areas**



**Do regular  
health  
check-ups**



**Wash hands with  
soap regularly  
after using the  
bathroom or  
handling food**