

所有的家庭医生都可以为您开具这些检查单。如果您持有联邦医疗卡(Medicare Card)，这些检查都是免费的。

乙肝感染者通常没有任何症状且看起来也很健康，所以很多人并不知道自己有乙肝。

在澳大利亚，大约三分之一的慢性乙肝感染者不知道自己患有乙肝。

乙肝感染者的所有家庭成员、密切接触者以及性伴侣都应该进行乙肝检查。

乙肝可以治疗吗？

可以。乙肝的治疗非常有效但是无法治愈。另外不是所有乙肝感染者都需要接受治疗，但是**所有的慢性乙肝感染者都应该终生接受定期检查**(通常每6-12个月，也可能更频繁)。这是防止乙肝发展为肝硬化和肝癌的最有效措施。

如何预防乙肝？

接种乙肝疫苗是预防乙肝的最佳途径。

如果您不知道自己是否有乙肝，请尽早进行检查。



All GPs can order these tests. The tests are free if you have a Medicare card.

People with hepatitis B normally don't feel or look sick, therefore, many people with hepatitis B don't know they have it.

In Australia, **nearly 1 in 3 people with chronic hepatitis B do not know they have it.**

If a person has hepatitis B it is **very important for all family members and other close contacts/partners** to be tested for hepatitis B.

Is there treatment for hepatitis B?

Yes, hepatitis B treatment is very effective but it is not a cure. Not all people with hepatitis B need treatment. However, **all people with chronic hepatitis B should have regular check-ups** (every 6 or 12 months and sometimes more often) **with their doctor for the rest of their life.** This is the best way to prevent liver cirrhosis and liver cancer caused by chronic hepatitis B.

How can people protect themselves from hepatitis B?

The hepatitis B vaccine is the best way to prevent people from getting hepatitis B.

If you don't know your status, it is very important for you to see your doctor to get a hepatitis B test as soon as possible.



如果您想了解更多资讯，可以联系中文组 chinese@eccq.com.au，或登陆我们的网站下载《乙(B)肝健康》和《Let's Talk About It》健康宣传手册。您也可以联系我们为您邮寄免费的宣传材料。

联系方式

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电话：07 3844 6877

手机：0479 130 997 (中文/英文 双语)

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Please contact us at health@eccq.com.au or download a copy of the **B Healthy** booklet and **Let's Talk About It** booklet from the website for further information. You can also ask us to send you some hard copies for free.

Contact Us

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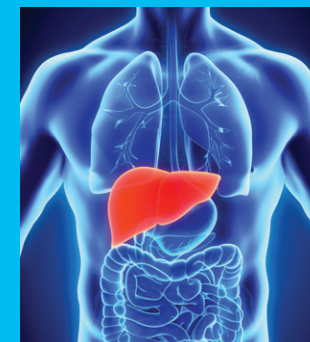
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乙型肝炎

Hepatitis B



什么是乙型肝炎？

乙型肝炎（以下简称“乙肝”）是由乙肝病毒引起的肝脏炎症且可能致命。病毒性肝炎有五种类型：甲肝，乙肝，丙肝，丁肝和戊肝。其中甲肝，乙肝和丙肝最为常见。

乙肝可分为急性和慢性感染。急性感染持续时间短，不超过6个月；慢性感染持续时间长，超过6个月。

乙肝在澳大利亚常见吗？

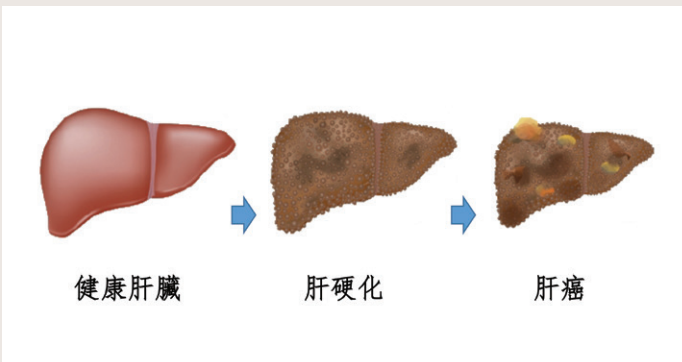
急性乙肝并不常见，但是慢性乙肝在移民人群中很常见，尤其是来自亚洲和非洲国家的移民。

来澳大利亚之前会检查乙肝吗？

无论是永久居住还是短期停留，大部分人在来澳大利亚之前不需要检查乙肝。因此，如果您不清楚自己是否有乙肝就应该尽快进行检查。

乙肝对健康会造成什么影响？

急性乙肝不会引起长期的健康问题。但是大约25%的慢性乙肝感染者会发展成严重的肝脏疾病，包括**肝衰竭**（肝脏停止工作）、**肝硬化**（肝脏内形成瘢痕组织）、**肝癌甚至死亡**。如果定期做检查，医生会及时发现问题，从而帮助防止这些严重的肝病的发生。



What is hepatitis B?

Hepatitis B is a potentially life-threatening liver infection caused by the hepatitis B virus. It is one of five viral hepatitis infections: hepatitis A, hepatitis B, hepatitis C, hepatitis D and hepatitis E. Of these, hepatitis A, hepatitis B and hepatitis C are the most common.

Hepatitis B can be an acute (a short-term infection lasting less than six months) or a chronic infection (a long-term infection lasting more than 6 months).

How common is hepatitis B in Australia?

Acute hepatitis B is not common, but chronic hepatitis B is very common among people born overseas, especially people from Asian and African countries.

Are people tested for hepatitis B before they come to Australia?

Most people are not required to be tested for hepatitis B before moving to Australia either permanently or temporarily. Therefore, you should get tested if you don't know whether you have hepatitis B or not.

How does hepatitis B affect people?

Acute hepatitis B doesn't cause long term health problems. However, approximately 25% of people with chronic hepatitis B can develop serious **liver disease** including **liver failure** (the liver stops working), **liver cirrhosis** (scarring of the liver), **liver cancer** and **even death**. By having regular check-ups, the doctor can identify issues early and help to prevent serious liver diseases.

乙肝有哪些传播途径？

乙肝可以通过以下途径传播：

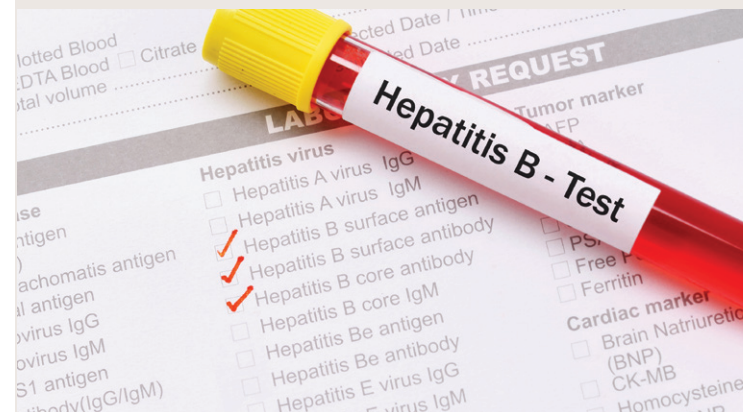
- **母婴传播**: 有乙肝的孕妇在生产过程中可以将乙肝病毒传染给新生儿。这是在很多国家最常见的传播途径。但是乙肝不是遗传病，所以母婴传播可以通过给新生儿接种乙肝疫苗和乙肝免疫球蛋白来阻断。
- **血液传播**: 乙肝病毒可以通过多种方式的血液接触进行传播，甚至肉眼看不见的血迹也可能传播。例如共用个人物品如剃须刀、牙刷等；使用未经消毒的医疗设备、进行身体穿刺或纹身等。
- **性传播**: 乙肝病毒可通过性行为传播，但是成人感染后转成慢性的机率小于5%。

乙肝**不会**通过以下途径传播：如一起用餐、握手、亲吻、母乳喂养、拥抱、使用公共厕所或蚊虫叮咬。

怎样知道自己是否有乙肝？

只有通过乙肝专项的血液检查才能知道自己是否有乙肝。

常规的血液检查项目中不包括这项检查。您需要主动向医生咨询乙肝的检查，包括：**乙肝表面抗原(HBsAg)**，**乙肝表面抗体(HBsAb或Anti-HBs)**和**乙肝核心抗体(HBcAb或Anti-HBc)**。



How can people get hepatitis B?

People can **get** hepatitis B through:

- **Mother-to-baby** transmission: a pregnant woman with hepatitis B can pass the virus to her baby during the birth process. It is the most common way to get hepatitis B in many countries. However, hepatitis B is not a genetic disease. Therefore mother-to-baby transmission can be prevented by giving hepatitis B vaccine and hepatitis B immune globulin to the baby at birth.
- **Blood** transmission: there are many ways people can get hepatitis B through blood, even when the blood isn't visible. For example, sharing items like razors and toothbrushes; unsterile medical equipment, body piercings and tattooing.
- **Sexual** transmission: hepatitis B can also be spread through sex, but less than 5% of adults develop chronic hepatitis B after being infected.

People **cannot** get hepatitis B through other contacts such as sharing food, shaking hands, kissing, breastfeeding, hugging, using toilets or mosquito/insects bite.

How do people know if they have hepatitis B?

The only way for people to know whether they have hepatitis B or not, is to have a blood test for hepatitis B.

This test is not included in the general blood tests; you need to ask your doctor to do specific hepatitis tests including: hepatitis B surface antigen, hepatitis B surface antibody and hepatitis B core antibody.