

所有的家庭醫生都可以為您安排這些檢查。如果您持有聯邦醫療卡(Medicare Card)，這些檢查都是免費的。

B(乙)型肝炎感染者通常沒有任何症狀且看起來也很健康，所以很多人並不知道自己患有B(乙)型肝炎。

在澳大利亞，大約三分之一的慢性B(乙)型肝炎感染者不知道自己患有B(乙)型肝炎。

B(乙)型肝炎感染者的所有家庭成員、其他親密接觸者以及性伴侶都應該進行B(乙)型肝炎檢查。

## B(乙)型肝炎可以治療嗎？

可以。B(乙)型肝炎的治療非常有效但是無法將其治愈。另外不是所有B(乙)型肝炎感染者都需要接受治療。但是**所有的慢性B(乙)型肝炎感染者都應該終生接受定期檢查**（通常每6–12個月，也可能更頻繁）。這是防止B(乙)型肝炎發展為肝硬化和肝癌的最有效措施。

## 如何預防B(乙)型肝炎？

接種B(乙)型肝炎疫苗是預防B(乙)型肝炎的最佳途徑。

如果您不知道自己是否有B(乙)型肝炎，請盡早進行檢查。



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.**



如果您想了解更多資訊，可以登陸我們的網站 [www.eccq.com.au/health](http://www.eccq.com.au/health)，下載《乙（B）肝健康》和《Let's Talk About It》健康宣傳手冊。您也可以聯繫我們為您郵寄免費的宣傳材料。

## 聯繫方式

網址：[www.eccq.com.au/health](http://www.eccq.com.au/health)

電話：07 3844 6877 或：

手機：0479 130 997 (中文/英文 雙語)

電子郵件：[chinese@eccq.com.au](mailto:chinese@eccq.com.au) (中文/英文 雙語)

微信/Line：[chineseeccq261](https://www.eccq.com.au/health)



Please contact us at [www.eccq.com.au/health](http://www.eccq.com.au/health) 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

Website: [www.eccq.com.au/health](http://www.eccq.com.au/health)

Phone: 07 3844 9166

Fax: 07 3846 4453

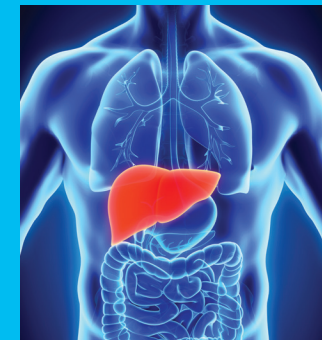
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# B(乙)型肝炎

## Hepatitis B



## 甚麼是B(乙)型肝炎？

B(乙)型肝炎是由B(乙)型肝炎病毒引起的肝臟炎症且可能致命。 病毒性肝炎有五種類型：A(甲)型肝炎、B(乙)型肝炎、C(丙)型肝炎、D(丁)型肝炎和E(戊)型肝炎。 其中，A(甲)型肝炎、B(乙)型肝炎和C(丙)型肝炎最為常見。

B(乙)型肝炎可分為急性和慢性感染。 急性感染持續時間短，不超過6個月；慢性感染持續時間長，超過6個月。

## B(乙)型肝炎在澳洲常見嗎？

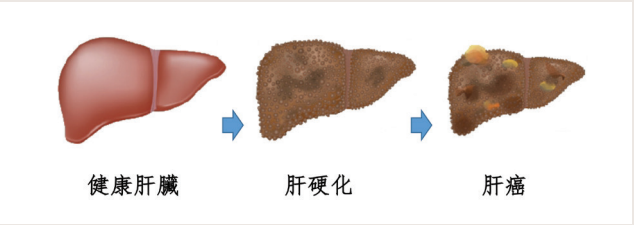
急性B(乙)型肝炎並不常見，但是慢性B(乙)型肝炎在移民人群中很常見，尤其是來自亞洲和非洲國家的移民。

## 來澳洲之前會檢查B(乙)型肝炎嗎？

無論是永久居住還是短期停留，大部分人在來澳洲之前不需要檢查B(乙)型肝炎。因此，如果您不清楚自己是否有B(乙)型肝炎就應該盡快進行檢查。

## B(乙)型肝炎對健康會造成什麼影響？

急性B(乙)型肝炎不會引起長期的健康問題。 但是大約25%的慢性B(乙)型肝炎感染者會發展成嚴重的肝臟疾病，包括**肝衰竭**（肝臟停止工作）、**肝硬化**（肝臟內形成疤痕組織）、**肝癌**甚至**死亡**。 但是如果慢性B(乙)型肝炎感染者能定期進行檢查，必要時接受治療，上述這些情況是可以避免的。



## 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**. These can be prevented if people with chronic hepatitis B have regular check-ups with their doctors, and take treatment if required.

## B(乙)型肝炎有哪些傳播途徑？

B(乙)型肝炎可以通過以下途徑傳播：

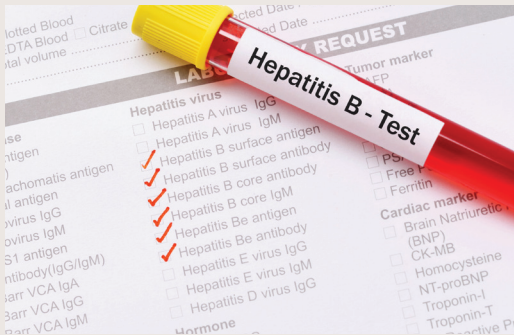
- 母嬰傳播——有B(乙)型肝炎的孕婦在生產過程中可以將B(乙)型肝炎病毒傳染給新生嬰兒。這是在很多國家最常見的傳播途徑。
- 血液傳播——B(乙)型肝炎病毒可以通過多種方式的血液接觸進行傳播，甚至肉眼看不見的血跡也可能傳播。例如共用個人物品如剃鬚刀、牙刷等；使用未經消毒的醫療設備、進行身體穿刺或紋身等。
- 性傳播——B(乙)型肝炎病毒可通過性行為傳播，但通過這種方式感染繼而發展為慢性B(乙)型肝炎的機率小於5%。

B(乙)型肝炎不會通過以下途徑傳播: 如一起用餐、握手、親吻、母乳餵養、擁抱、使用公共廁所或蚊蟲叮咬。

## 怎樣知道自己是否有B(乙)型肝炎？

只有通過B(乙)型肝炎專項的血液檢查才能知道自己是否有B(乙)型肝炎。

常規的血液檢查項目中不包括這項檢查；您需要主動向醫生要求進行以下幾項檢查：**B(乙)型肝炎表面抗原** (HBsAg)，**B(乙)型肝炎表面抗體** (HBsAb或Anti-HBs)和**B(乙)型肝炎核心抗體** (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.
- 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 the chance of it becoming a chronic infection is less than 5%.

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 a person 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.**