

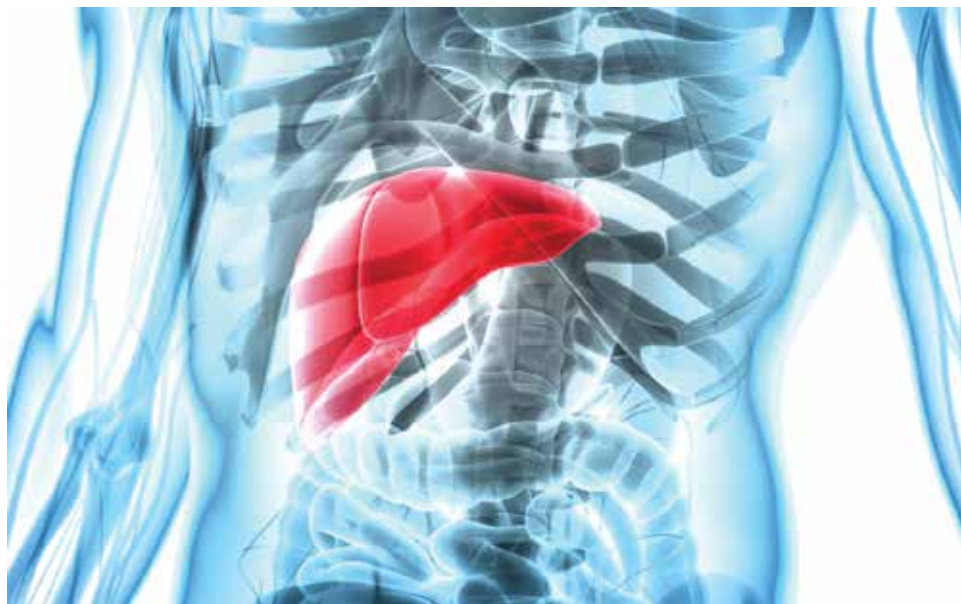
Do you know how you can get infected with hepatitis B or hepatitis C?

MOST people will be aware that chronic hepatitis B is caused by the transmission of the virus from a mother with the virus to their baby at birth. This is becoming less of a risk due to testing for the mother during pregnancy, and the baby receiving vaccinations at birth (the hepatitis B immune globulin (HBIG) vaccine, and the first dose of the hepatitis B vaccinations).

For hepatitis C in Australia the most common way people are infected is through the sharing of intravenous drug use equipment (needles, tourniquets, spoons etc.).

Many people do not know that hepatitis B and hepatitis C can also be spread from one person to another through blood, especially the following ways when the equipment used is either reused or not sterilised properly (washing is not enough):

- Medical and dental procedures: including



vaccinations performed overseas

- Complementary or Traditional Medical Practices: such as acupuncture, cupping, bloodletting etc. – when the equipment may be contaminated with blood
- Cosmetic procedures:

including eyebrow tattooing, tattoos, piercings, and cosmetic surgeries

- Cultural Practices: scarification, cultural piercings/tattoos
- Personal hygiene items: items such as toothbrushes, razors, nail clippers should

not be shared as they can become contaminated with blood which may cause infections

The best ways to protect yourself from becoming infected by hepatitis B or hepatitis C is to:

- Get Vaccinated – for

hepatitis B (there is no vaccine for hepatitis C but there is a cure)

- Always check – when having any procedures/treatments that all equipment is new or has been properly sterilised – it is OK to ask the person doing the procedure.

- Avoid blood – do not touch another person's blood (unless it is an emergency) – use gloves.

- Do not share – your personal hygiene equipment

- Get checked – many people do not know they have hepatitis B or hepatitis C – so

to protect yourself and your family and close contacts ask your doctor for a blood test to check.

For more information, please contact ECCQ:

Website: www.eccq.com.au/bbv

Phone: 07-3844 9166

If you live in Cairns, you can also contact:

**Rhonda Lewis
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Email: Rhonda.Lewis@health.qld.gov.au



Hepatitis, HIV/AIDS and Sexual Health Program Ethnic Communities Council of Queensland (ECCQ)

Surprise Your Beauty with amazing uses of Lemon



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HEY GIRLS, All your beauty needs from scrubs, moisturisers, foundations, face masks, hair (shampoos and conditioners), cheeks, eyes, lips - you name we have covered them all.

You can confidently use our suggested homemade recipes because they will not harm your skin, hair or body. Do-it-yourself natural remedies for skin and hair are getting positive reviews from the users. These recipes do not use any chemicals, synthetic fragrance or colours, so they will not clog your skin pores or damage your skin and hair in any way.

Taking care of your whole body with natural ingredients will result in radiant, youthful skin and long, lustrous hair! Remember, your skin and hair need tender loving care and they will love our recipes. Use them and feel the difference!

Lemon is one ingredient that not only adds a delicious taste to cooking, it is also known for its properties in health and beauty. This food has properties that are astringent, disinfectant, and act as a natural lightener for hair and skin. They are also characterized by

high contents in Vitamin C, antioxidants, and compounds that regulate acidity and promote fat elimination.

If you still don't know the best beauty secrets that lemons have to offer, read below for a few of their uses, so you can get excited about their benefits and enjoy them.

They are good for skin: -Lemon is a fantastic ally for skin, especially for people who suffer from oily skin. This ingredient, and its astringent properties, promote excess oil elimination and significantly improve skin's appearance. That's why it is important to keep in mind that lemon should be applied before going to bed, and under no circumstances should you expose yourself to sunlight. This could cause stains. It's best to apply the treatment, and the next day, use sunscreen. All you need to do is squeeze the lemon a bit and apply it directly to your face using a spray or a cotton ball.

Exfoliating Lips: -There are a lot of factors that could affect lip health, making them look dry and cracked. In order to say goodbye to this problem, one good solution is to apply a bit of lemon juice to your lips before going to bed, and you will begin to notice the changes. This ingredient promotes hydration and eliminating dead skin cells.

Skin Lightening Mask: Mix together 1 tablespoon of lemon juice, 1 tablespoon of



cucumber juice, 1 tablespoon of tomato juice and 1 tablespoon of sandalwood paste to form a consistent paste. Apply this paste onto your skin, leaving it there for 15-20 minutes. Rinse it off with water and moisturize.

Highlighted hair: -This is one of lemon's most well-known beauty uses, as it has been proven to produce good results. In order to lighten your hair and to make it shiny, apply lemon juice to your hair and expose it to the sun. With sun contact, the lemon will help lighten your hair, giving it light and golden highlights. It's best to do this at least once a week for good results.

Fight blackheads: -Lemons have astringent and antibacterial properties that promote the elimination of waste and excess oil

on skin. They are great allies for fighting annoying blackheads, because they promote the elimination of toxins and deeply clean the skin. At night, rub a bit of lemon on your skin and let set for 10 minutes. Remove it with copious amounts of cold water. Remember not to use this treatment if you are going to be exposed to the sun.

Lemon Juice to Get Rid of Wrinkles: Mix together a few drops of lemon juice with a drop of almond oil and a teaspoon of honey to form a consistent thick solution. Apply this mixture on to your face leaving it there for about 15 minutes, and then rinse it off with cool water. You can also apply this mixture around your eyes to remove fine lines. But take care that it does not go into your

eyes. Fine lines and wrinkles removal is a slow process and will take time.

Improves marks: - Acne, sun exposure, illnesses, diet, and other factors can all cause marks on skin, which aesthetically, do not look very good. One very effective way of improving and reducing the appearance of marks is to apply a bit of lemon juice to the affected area, allow working for 15 minutes, and washing off with cold water. Do this treatment at night, as sun exposure could cause adverse reactions.

Nail strengthened and whitener: - Using chemicals, household chores, and a lot of other bad habits can cause nails to weaken and/or become stained. Lemon is a wonderful ally for fighting this problem, as it promotes the elimination of marks on nails, strengthening at the same time. All you need to do is combining a bit of lemon juice with two tablespoons of olive oil. Then apply to your nails.

For your armpits: -Lemon can be an excellent ally for caring for armpit skin, as its properties act as a natural deodorant while at the same time clearing up the dark stains that usually form in this area of the body. Lemon's citric acid is responsible for killing bacteria that cause bad odours, so it can work as an emergency deodorant. In order to lighten your armpits, you should mix lemon juice with oatmeal and a little bit

of honey; the resulting paste should be applied to your armpits and allowed to work for 1 hour.

HOW OFTEN TO USE LEMON JUICE?

Don't get tempted to apply lemon juice mask or lemon juice alone directly onto your skin daily. Lemon juice has properties to dry out the skin, if applied daily. Limit its use to every other day or 3-4 applications in a week.

TIPS TO MAKE SURE BEFORE USE OF LEMON JUICE:

(i) Lemon juice is acidic, and its application can dry out your skin, so moisturize your skin after its use.

(ii) Add yogurt to lemon juice to make your own skin brightening and moisturizing mask.

(iii) Don't apply lemon juice onto the areas having open cuts, bruises, or wounds. The acid in the lemon juice will sting. Should this happen, wash the area with cool water.

(iv) Never go out in the sun and avoid exposure to sun light with lemon juice on your skin.

(v) If irritation, redness or dryness occurs then dilute the lemon juice with more water or discontinue its use on your skin.

(vi) Lemon juice contains acid and its use can dry out your skin. Apply moisturizer after its use to keep your skin hydrated.