

Hepatitis B DNA Testing

WHAT IS A HEPATITIS B DNA BLOOD TEST?

• It is a blood test to check how much hepatitis B virus is in the blood.

WHO NEEDS A HEPATITIS B DNA TEST?

• If you have tested positive to hepatitis B.

WHAT IF YOU ARE A 'CARRIER'?

• Yes you need the test.
• 'Healthy carrier' or 'carrier' are terms no longer used for hepatitis B. You either have the virus or you don't.

HOW OFTEN SHOULD THE TEST BE DONE?

• At least once a year. Even if your last test showed a 'not detected' result. This is free if you have a Medicare Card. Additional tests within



one year may result in a fee that will need to be paid by the patient.

• Some people may

require testing more often. Your GP or Specialist will let you know what is appropriate for you and if a fee will apply.

WHY IS IT IMPORTANT TO HAVE A HEPATITIS B DNA BLOOD TEST EVERY YEAR?

• This is minimum

recommended testing requirements for all people living with hepatitis B

• This test along with other tests including liver function tests will show how well your immune system is controlling the virus, and how healthy your liver is.

• The test will also help the doctor to decide if you need medication to help your body control the virus and help

prevent the virus causing damage to your liver, such as scarring, cirrhosis and liver cancer.

Check with your doctor if you have had a test in the last 12 months.

If you would like more information about hepatitis B please visit our webpage www.eccq.com.au/bbv for information in your language. You can email us at health@eccq.com.au



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

USES OF VASELINE

TO KEEP MAGNIFY YOUR BEAUTY

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HEY GIRLS, We're always looking for beauty products that multitask but you can't get any multitask product and ended up to spend lots of money, so imagine our delight when we rediscovered a household staple that addresses so many of our daily issues. We're talking about Vaseline.

Vaseline is made from a mixture of mineral oils and waxes, which, create a protective barrier to help the skin heal and retain moisture. But it also does much more.

Whether you're looking to soothe a cut, rock a glossy lid or a treat a sunburn, uses for Vaseline.

1. MOISTURIZE HEAD TO TOE

After showering, apply it anywhere you see dry, flaky skin. For cracked heels, put on a pair of socks to lock in the moisture (and prevent future blisters later on).

2. REMOVE EYE MAKEUP

Don't have makeup remover at your disposal? Just massage some Vaseline onto your lids and wipe that mascara away using a cotton pad.

3. HIGHLIGHT YOUR CHEEKBONES

There's no need for a pricey highlighter when you have Vaseline right in your medicine cabinet. Pat some onto the tops of your cheeks to create a dewy, light-catching look. (Just be careful if you have oily skin—you don't want to clog your pores.)



4. CHANGE THE TEXTURE OF YOUR COSMETICS

Vaseline is a great way to transform your matte or powder products into creams. Just combine the loose pigments with the jelly to create your own custom cream eyeshadow, blush or tinted balm.

5. COUNTERACT SPLIT ENDS

Too much exposure to the sun, heat or chlorine from the pool can cause your hair to dry out, fast. Add a pinch of Vaseline to the ends for extra moisture and shine

6. SMOOTH DOWN FLYAWAY

isn't the only thing that can help you tame your brows. A small dab of Vaseline on a Q-tip will do the trick just as well.

7. DEFINE YOUR LASHES

No mascara, no problem. Apply a little jelly on your lashes and comb through for a natural sheen.

8. AVOID SKIN STAINS

The worst part about an at-home hair or nail color is the mess it leaves behind on your skin. A light coating of petroleum jelly around your hairline or your cuticles will prevent any staining from dyes or polishes.

9. PROLONG YOUR PERFUME

Give your fragrance lasting power by dabbing some Vaseline on your pulse points before spritzing on your favourite perfume.

10. PREVENT SELF-TANNING STREAKS

No one wants embarrassing streaks from a self-tanner. Cover any dry spots (i.e., around your knees, elbows and feet) to prevent an uneven application.

11. CREATE A DIY SCRUB

A simple DIY for when your skin needs a little TLC: Mix one tablespoon of sea salt or sugar and a spoonful of Vaseline to make your

very own exfoliant. Put the paste on your lips (or anywhere on your body that needs smoothing) and gently massage before washing it off. Surprisingly smoother, glowing skin.

12. KEEP SHAMPOO AWAY FROM YOUR EYES

No more wishing you made your dry shampoo last one more day. Just apply some jelly above your eyebrows and watch the suds repel off to the sides of your face and away from your eyes.

13. REMOVE CHEWING GUM FROM HAIR

Remember doing this as a child? Coat the gum and surrounding hair with a generous dollop of Vaseline and gently tug to remove the wad sans snags.

14. KEEP LIPSTICK OFF YOUR TEETH

Rocking a bold lip is fun until you realize it's been on your teeth all day. Prevent

this altogether by spreading a thin layer of Vaseline over your chompers before applying your lipstick. The jelly will create an invisible barrier that the color won't stick to.

15. CREATE A FLAVORED LIP GLOSS

Remember those fun-flavored glosses of your youth? Make your own by combining a powder-based food mix (e.g., Kool Aid) and some petroleum jelly to create yours.

16. SOOTHE AN ITCHY SCALP

Reduce itching and dandruff by massaging a small amount of Vaseline into your scalp before washing your hair as usual. (Note: Using too much can make it difficult to remove, so make sure you use no more than a dime-size amount; for a deeper clean-out add a teaspoon of baking soda to your shampoo.)

17. GROOM FACIAL HAIR

Calling all moustache aficionados: A spot of Vaseline can keep your facial hair in check. Use it alone or combine it with some beeswax for added hold.

18. HYDRATE YOUR UNDER-EYES

In a pinch, a dab of Vaseline will help lock in moisture while you sleep so that you wake up to fresh peepers, even when you run out of eye cream.

19. RELIEVE IRRITATION

Whether you're dealing with sunburn or razor burn, petroleum jelly can help. Tip: Stick the jar in the freezer beforehand and apply the cold jelly to your legs, forehead or any irritated

spots for instant soothing.

20. BLOCK SWIMMER'S EAR

If you swim a lot and want to keep unwanted moisture out of your ears, try this: Coat two cotton balls with petroleum jelly, mould them to fit each ear and enjoy the rest of your swim.

21. CURE MINOR INJURIES

The top use for Vaseline? To heal any minor cuts and burns. Remember it's best to clean and disinfect the area before application to prevent infections.

22. RELIEVE DIAPER RASH

If your baby is dealing with diaper rash, clean the area, pat skin dry and put Vaseline over the sore spots to relieve some of the sting.

23. EASE BACK PAIN

No heating pad in sight? Heat a scoop of Vaseline in the microwave until it's warm (two minutes or so) before massaging some onto your back for a warming effect.

24. HELP HEAL NEW TATTOOS

Like minor cuts and burns, putting jelly on new tattoos can help speed up the healing process by keeping the area smooth and hydrated.

TO KEEP IN MIND

Although it's important to use it for external purposes only.

Apart from that, always remember to clean your skin properly and allow it to dry before application. With these simple precautions, you can enjoy the many benefits of Vaseline.

See you girls next month,