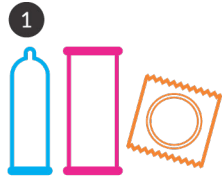


5 secrets to safe sex



1 Protect yourself



2 Talk to your partner



3 Get tested

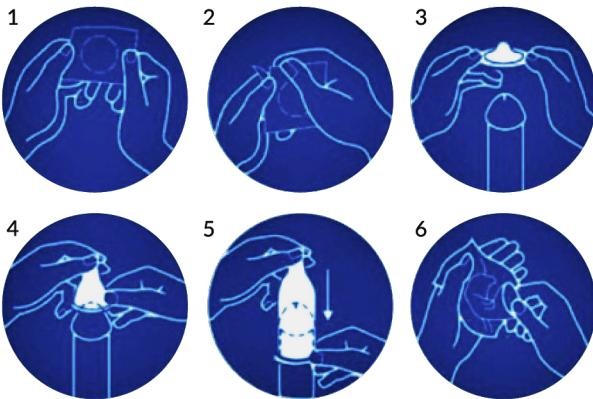


4 Plan pregnancy

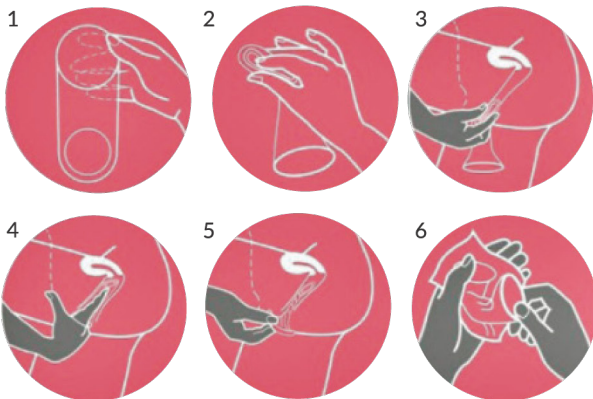


5 Know your body

Male Condom Instructions



Female Condom Instructions



Want to know more?

Central/East

| | |
|-------------------------------------|---------|
| Our place (Youth friendly services) | 3319078 |
| Reproductive health clinic (Suva) | 3319144 |
| CWM Hospital | 3813444 |
| Korovou Hospital | 3430044 |
| Vuridawa Hospital | 3435030 |
| Kadavu Hospital | 3620788 |
| Navua Hospital | 3460181 |
| Levuka Hospital | 3440088 |

West

| | |
|-------------------------------|---------|
| Reproductive Health (Lautoka) | 6640243 |
| | 6660411 |
| Lautoka Hospital | 6660399 |
| Nadi Hospital | 6701128 |
| Ba Hospital | 6674022 |
| Sigatoka Hospital | 6500455 |

North

| | |
|-------------------------------------|---------|
| Reproductive Health Clinic (Labasa) | 8812522 |
| Labasa Hospital | 8811444 |
| Wainikoro Health Centre | 8832444 |
| Nabouwalu Hospital | 8836044 |
| Savusavu Hospital | 8850444 |
| Taveuni Hospital | 8880444 |

About Hepatitis B, and protecting yourself



Did you know that 1 in 4 people have a Sexually Transmitted Infection?

What's your status?

About Hepatitis B, and protecting yourself

WHAT IS IT?

Hep B is the most common contagious virus that attacks the liver. Hep B is found in blood, semen, vaginal fluids and saliva.

AM I AT RISK?

Hep B can be passed on through...

1. Sharing personal items (e.g. toothbrushes, razors, nail clippers, cups, bilos)
2. From mother to child: during birth and pregnancy
3. Unprotected sex
4. Unclean tattooing or piercing equipment
5. Contact sports or play where there are cuts

Preventing an STI is easier than treating an STI.

HOW DO I KNOW I HAVE IT?

Blood test at your nearest health facility.

Get tested!

SYMPTOMS

- Feeling like vomiting (nausea)
- Being tired, muscle aches, fever (flu-like symptoms)
- Urine or waste that is pale or a strange colour
- Skin and eyes look yellow (jaundice)
- Not feeling hungry

COMPLICATIONS

- Untreated, Hep B can cause:
- Liver infection
 - Scarring of liver
 - Liver dysfunction and cancer

WHAT NOW?

TREATMENT

Hep B immunisation can prevent infection at a young age.

Medications available if found early. If the infection gets worse, there is no cure.

PREVENTION

- Use a condom start to finish each time you have sex
- Have tattoos and piercings done by trained professionals
- Avoid risk factors and situations where blood can be exchanged.

Get tested every
6 months.