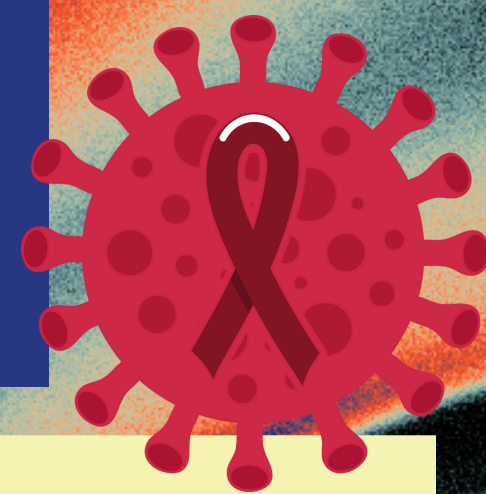


Blood-borne viruses



What are blood borne viruses?

Blood-borne viruses (BBVs) are viruses that can be carried in blood. Human immunodeficiency virus (HIV), hepatitis B and hepatitis C are the three main BBVs in Australia.

How are they spread?

Needle sharing



Blood contact:
sharing items e.g.
toothbrush, razor



Sexual activity



Birth,
pregnancy,
breastfeeding



BBVs can only spread if a person has the virus and someone else is exposed to their blood.

How do I know if I have a BBV?

The only way you really know if you have a BBV is by getting a blood test.



Get tested at least once a year or immediately if you show symptoms or a partner tests positive.

Signs and Symptoms

BBVs often don't show any symptoms at all or it may take years before you become sick. This can make it hard to know if you have a BBV. Symptoms of BBVs are common for many illnesses so if you experience any of these symptoms it may not always be a BBV. Get tested if you think you might be at risk.

Hepatitis C & Hepatitis B

- Your skin or whites of your eyes turning yellow (jaundice)
- Loss of appetite
- Nauseous



HIV

- Headaches
- Flu-like symptoms
- Fever



How are BBVs prevented?

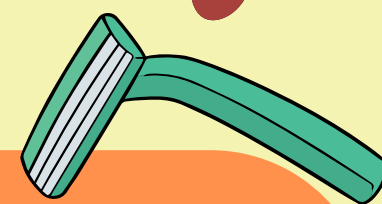
Use water based lubricant and barrier methods such as condoms and dams when you have sex



Use new needles for tattoos and piercings

If you are pregnant, get tested for BBVs to protect you and bub

Don't share toothbrushes, razors or any other item that may create blood



Get vaccinated for Hepatitis C

Use a new needle every time you inject drugs and never share with others

Cover sores and cuts as soon as they occur

Take Pre-exposure Prophylaxis (PreP) to reduce your risk of HIV

