

## SYMPTOMS

Most people with hepatitis do not have any symptoms. But some people notice they:

- have no energy
- don't want to exercise
- don't want to eat
- have trouble concentrating.

Here are some simple things that can help if you have symptoms:

- Do some gentle exercise every day
- Plan ahead – do more when you have more energy
- Eat smaller meals
- Rest when you feel very tired instead of trying to sleep
- Have a warm bath or read before you go to sleep
- Don't exercise or drink coffee or tea before bed
- Don't nap during the day.



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**The Hepatitis Foundation  
of New Zealand**

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# Hepatitis

*Just the basics*

# Looking after yourself with hepatitis

There are many  
ways to look after  
your liver



**Know it. Test it. Treat it.**



## LOOKING AFTER YOURSELF WITH HEPATITIS

Hepatitis is a virus in the blood that affects the liver.

It can make you very sick and it can give you liver cancer.

There are ways to look after your liver.



## KEEP HEALTHY

Here are some ways:

- keep your weight down
- eat less foods and drinks that have a lot of fat or sugar
- eat more fruit and vegetables
- keep fit
- get checked for diabetes, and if you have it follow your doctor's advice.



## HOW TO LOOK AFTER YOUR LIVER

### Cut back on alcohol

Heavy drinking is hard on your liver.

Drinking less alcohol is the most important change you can make.

### Cut back on cannabis

Heavy cannabis use can scar your liver.

### Avoid fatty foods

Fatty foods clog your liver and stop it working.



## HEPATITIS PROGRAMME

The Hepatitis Foundation of New Zealand runs a long-term monitoring programme for people living with hepatitis B. We will organise your blood tests and help monitor your liver health.

If you live with hepatitis C your monitoring is now managed by your GP. However, if you need someone to talk to you can call our helpline on 0800 33 20 10.

**You must have regular blood tests**



**Call the Hepatitis helpline on 0800 33 20 10 if you have any worries or questions.**