Prevention of Liver Diseases (Hepatitis & Cirrhosis)



Get vaccinated for Hepatitis A and B infections



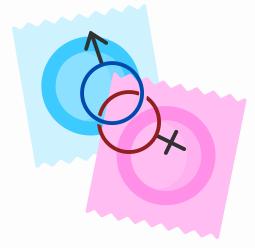
Reduce alcohol intake and avoid intoxicants



Maintain a healthy weight



Take medications only as prescribed



Practice safe intimacy habits



Clean water and Food



Use sterile needles and own razor/toothbursh



Wash hands with soap regularly



Do regular health check-ups

Healthy Choices Today — Protect Your Liver for Life!



