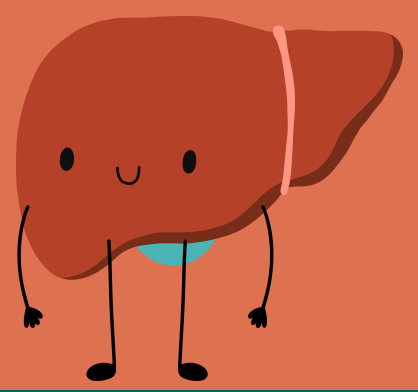


Hepatitis C Basics & Transmission



Hepatitis C is an infection in the liver that can harm people’s health, including people who use substances. Over time, Hep C causes liver injury and scarring, and can also affect the whole body and cause blood, skin, and kidney problems. Your health matters and you deserve safe and compassionate care.

KEY MESSAGES ABOUT HEP C

Hep C is passed blood to blood

Treatment cures over 95% of people with Hep C

You can have Hep C and not know it

New Hep C treatments exist – no more interferon

ASK THE MESA MOBILE OUTREACH TEAM FOR SAFE SUPPLIES!

HOW IS HEP C TRANSMITTED?



Sharing equipment for injecting, smoking, or snorting substances. This includes pipes and syringes. Hep C can live for weeks inside a syringe!



Re-using tattooing or piercing equipment that was not properly cleaned.



Sharing personal items like toothbrushes, razors, or nail clippers that could have blood on them.



Very low chances of transmission from blood transfusions or organ transplants because in Canada, they are tested!

HOW CAN YOU PREVENT HEP C?



If you inject - use your own needles, syringes, filters, water, and, cookers.



If you smoke - use your own pipes, stems, and mouthpieces



Snorting? Use your own rolled paper or straws.



Use condoms and lube during sex where you might come into contact with blood (e.g., sex during a period, or anal sex).

HOW DO I KNOW IF I HAVE HEP C?

01.

The only way to know if you have Hep C is to get tested.

02.

Connect with the Mesa Mobile Outreach team. They offer free testing!

03.

The first test checks if you ever had Hep C.

04.

The second test checks if you have Hep C right now.

CAN HEP C BE CURED?

If you have Hep C, talk to your nurse or doctor, or connect with the Mesa Mobile Outreach Team to talk about treatment.

Treatment comes in pills you take once a day for 8-12 weeks. It’s a take home prescription, has few side effects, and it is covered through OHIP. Treatment may require a referral to OATC Pembroke or Renfrew.

You can get Hep C more than once, so getting tested often is important! Connect with the Mesa Mobile Outreach Team about confidential testing and treatment. No judgement here!



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Looking to connect with the Mesa Mobile Outreach Team? Call 1-877-819-4181 (toll-free!) RCDHU provides STI testing.

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