What is Hepatitis C?
Hepatitis C is a disease caused by the Hepatitis C Virus (HCV). This virus affects your liver.

How Do I Get Hepatitis C?
Hepatitis C is mainly spread through contact with blood of an infected person
- Sharing needles, syringes and other drug related equipment
- Receiving organ transplants or blood products before 1992
- Sexual intercourse if blood is exchanged
- Tattoos and piercings from improperly sanitized equipment
- Current or former injection drug users
- Sharing personal items-razors, toothbrushes
- Infants born to infected mothers

Most Common Ways Hepatitis C is spread?
Sharing of contaminated needles, syringes, and other injection drug equipment

What are ways Hepatitis C is not spread?
- Holding hands
- Hugging or kissing
- Sharing eating or drinking utensils
- Sharing a room with someone
- Sharing food
- Donating blood

Is Hepatitis C Curable?
Yes, Hepatitis C is curable. With new medication called Direct Acting Antivirals (DAAs), Hepatitis C has a cure rate of 96%. Cure means you no longer have the HCV in your blood after you have been treated.

Is There a Vaccine for Hepatitis C?
There is no Hepatitis C vaccine.
Hepatitis C Testing

Hepatitis C infection is usually asymptomatic – meaning, people have no symptoms at all. If people do have symptoms, they are often very short lived and mild—kind of like the stomach flu. In the United States approximately 2.7-3.9 million people are infected with HCV. About half the people who are infected with HCV have never been tested because they do not feel sick.

Who should get tested?

- Anyone born during 1945-1965 (Baby-Boomer)
- Anyone who has shared needles, syringes and other drug related equipment (cookers, cotton, straws)-even just once
- Anyone who received blood products or an organ transplant before 1992
- Anyone who has had sexual intercourse if blood was exchanged
- Anyone who has had tattoos and piercings from improperly sanitized equipment
- Current or former injection drug users
- Anyone who has shared personal items-razors, toothbrushes
- Infants born to HCV infected mothers

Protecting Your Liver:

There are many ways to keep your liver healthy when you have HCV.

- Eat a well-balanced diet
- Maintain a healthy weight
- Limit your use of alcohol
- Limit your use of acetaminophen, supplements and iron

If you can’t get treated for HCV while you are incarcerated

- Attend all sick call appointments for laboratory tests and follow-up
- Follow up with a liver specialist when you are released from incarceration

Hepatitis C Can be Cured. But you can get re-infected if you do not live a healthy lifestyle after treatment

For more information ask your nurse about Hepatitis C