

HIV and Hep C

50%-90% of HIV-infected individuals who use injection drugs are also infected with Hep C.*

Liver disease is a serious problem for HIV-infected individuals and is a leading non-AIDS cause of death.†

*CDC: www.cdc.gov/hiv/resources/factsheets/coinfection.htm. 2007

† CDC: www.cdc.gov/IDU/hepatitis/hepc_and_hiv_co.pdf. 2002

Protecting Others

If you have Hepatitis C:

- Do not give blood or donate organs
- Do not share personal care items
- Do not share tattoo equipment (including ink)
- Do not share drug equipment (including water)
- Cover open sores or breaks in your skin
- Inform your sexual partner(s) if you have Hep C and use a condom/dental dam

*It is important to find out if you have
Hepatitis C so you can help yourself
and protect others*

For more information or if you think
you might have Hepatitis C,
contact your local
Health Care Provider

Other Resources

- **Public Health Agency of Canada**
www.phac-aspc.gc.ca/hepc/index_e.html
- **Centers for Disease Control and Prevention**
www.cdc.gov/hepatitis
- **Canadian Liver Foundation**
www.liver.ca
- **Canadian AIDS Treatment Information Exchange (CATIE)**
www.hepcinfo.ca

If you would like this information in another
official language, contact us at 867-920-3367.

Si vous voulez ces informations dans une autre
langue officielle, téléphonez-nous au 867-920-3367.

Hepatitis C



*Risks, Prevention, and
Caring For Yourself*

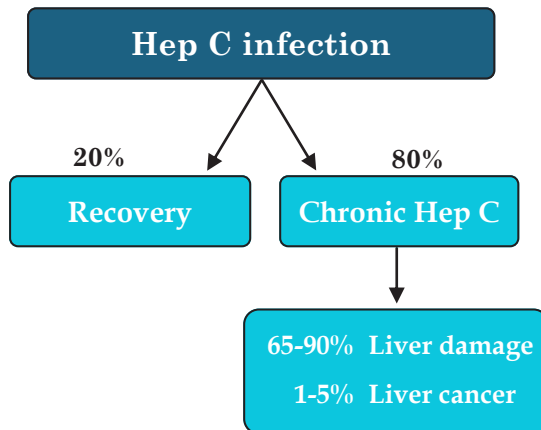
What is Hepatitis C?

Hepatitis C (Hep C) is a virus that causes liver disease.

Many people with Hep C do not know they are infected and may feel fine for years.

Untreated, 80% of individuals will go on to have a silent, long term infection of the liver which can lead to liver damage and cancer.

Many individuals can get better if treated.



How is Hep C Spread?

Many people do not know they are infected but can still spread the virus to others by:

- Sharing personal care items that can cause bleeding, such as razors, toothbrushes, dental floss, toothpicks or nail clippers
- Sharing drug equipment of any kind (including water)
- Sharing tattoo equipment of any kind (including ink)
- Open sores or breaks in the skin
- Unprotected oral, vaginal or anal sex

HCV is NOT spread by shaking hands, sharing eating utensils, hugging, kissing, holding hands, coughing, or sneezing

Am I infected?

Some people with Hep C don't look or feel sick but others may have some of the following symptoms:

- Fever
- Indigestion & bloating
- Jaundice (yellow skin/eyes)
- Dark urine
- Fatigue
- Loss of appetite
- Muscle & joint pain
- Light-coloured stools

A blood test is the only way to know if you have Hep C

Your Liver

Your liver is the largest internal organ in your body. It is found on the right side, below the rib cage.

LIVER



Your liver is your body's filtering system.

If your liver is sick, you can get sick too.

About 250,000 people in Canada have Hep C.

In the NWT, there have been over 400 reported Hep C cases since 1989.

If I have Hep C, what can I do to live well?

- Eat healthy foods—exercise daily
- Avoid or limit alcohol intake and smoking
- Avoid illicit drug use
- Get tested for Hep A, Hep B and HIV
- Ask your doctor about getting vaccinated for Hep A and Hep B
- Visit your doctor regularly

Treatment is available for Hepatitis C.