

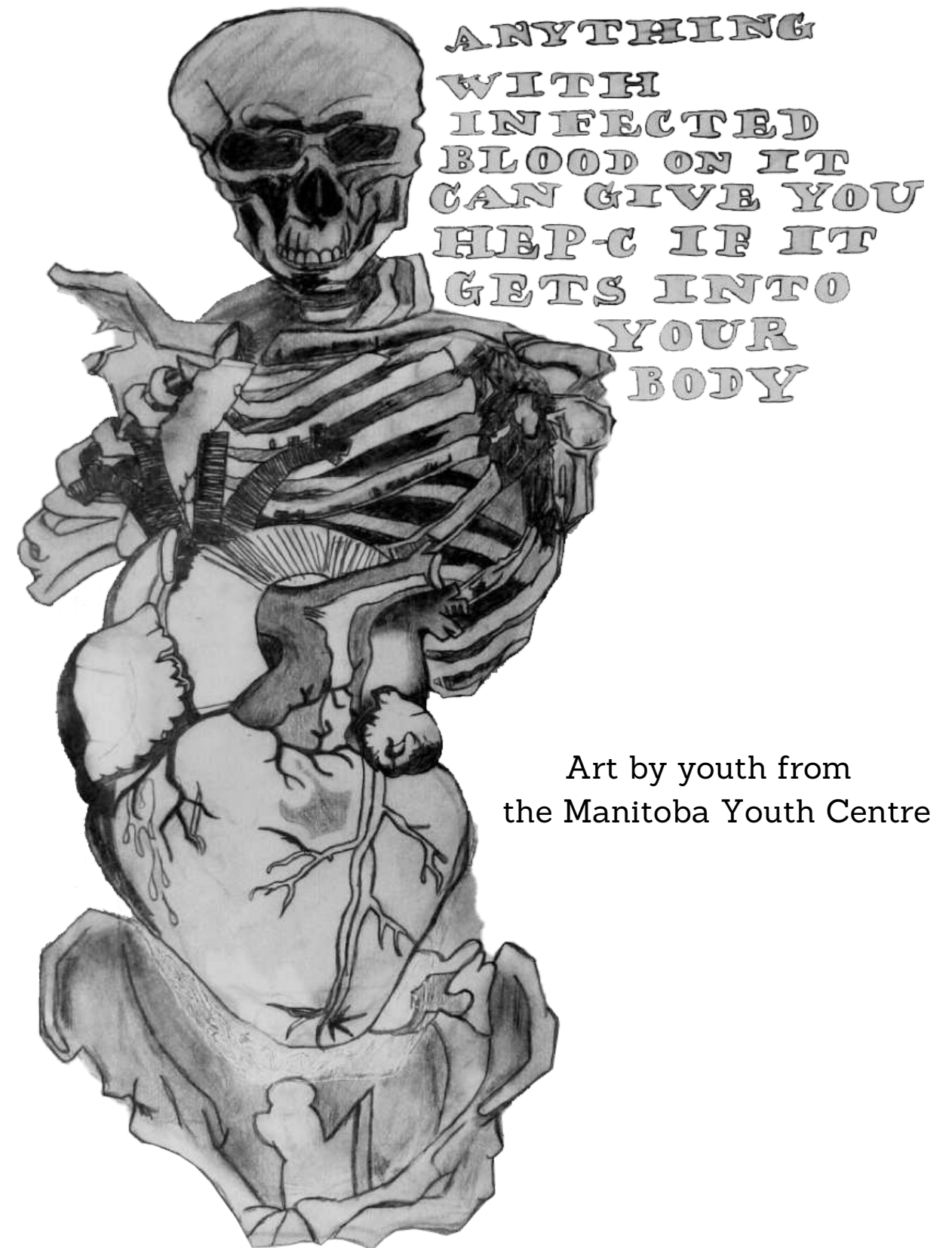
HEPATITIS C

What is Hepatitis C?

Hepatitis C (Hep C) is a virus carried in the blood. It attacks your liver.

The liver is an important organ. It helps fight infections, breaks down toxins (poisons) and drugs, digests food, and more. You can't live without it.

People can have Hep C and not know it. This means they could pass the virus on to others.



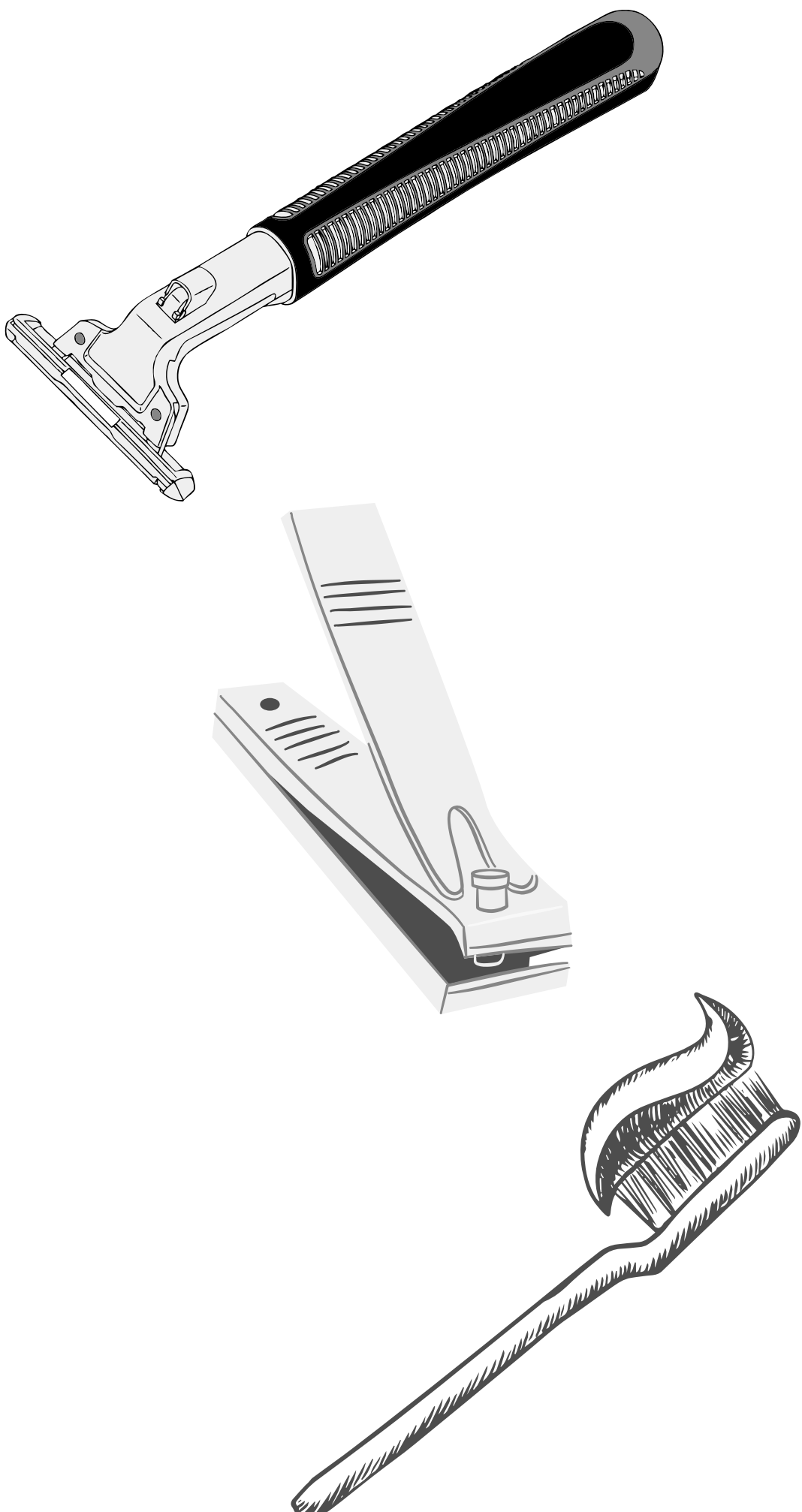
How Does it Transmit?

The main way Hep C transmits is through blood. It can also spread through unprotected sex.

Hep C is a 'strong' virus that can live outside the body for up to 4 days, even longer inside needles.

Anything that includes blood is a risk for transmission including:

- Needles (any kind)
- Drug works (bills, straws, cookers, etc.)
- Tattoo equipment (ink and ink pots)
- Personal grooming supplies (razors, toothbrushes, nail clippers and files, etc.)



Staying Safer

- Use new needles and other gear. Don't share. Each person should have their own.
- Go to professional tattoo shops, nail salons, piercing shops that follow health safety rules.
- Don't share your personal grooming supplies.
- Use condoms for vaginal and anal sex.
- Get tested regularly for Hep C and other STIs. A Hep C test is a blood sample.



Art by youth from
the Manitoba Youth Centre

Hep C Treatment

Hep C is curable.

Most people need treatment to cure Hep C. Treatment cures almost everyone. It is a course of medication, usually over 8-12 weeks.

Resources

Street Connections: 204-981-0741

streetconnections.ca

Mobile van in Winnipeg that offers needle exchange

SERC Brandon: 204-727-0417

serc.mb.ca

B-345 10th Street, Brandon

Resource centre offering harm reduction supplies

CATIE: 1-800-263-1638

catie.ca

Canadian source for info on Hep C and HIV

Teen Clinics

Testing, info, and support for youth.

Find one at teenclinic.ca

Nine Circles: 204-940-6000

ninecircles.ca

705 Broadway, Winnipeg

Testing, support, and education

Manitoba Harm Reduction Network:

204-783-6184, mhrn.ca

545 Broadway, Winnipeg

Harm reduction services, education, and advocacy with regional staff across Manitoba.