



## Hepatitis C - the basics

### What is hepatitis C?

- Hepatitis C is a blood-borne virus. It is often called hep C.
- Hepatitis C can damage the liver. It can cause liver cancer.

### How do you get hepatitis C?

You can get hepatitis C from someone who has it if a small amount of their blood gets into your blood stream. This can happen if you:

- share drug injecting equipment
- share tattoo or body piercing equipment.

You can also get hepatitis C if you

- have sex without a condom with someone who has hepatitis C. This is because sometimes people get tears in their skin during sex and bleed, especially if they also have an STI
- share toothbrushes, razors or sex toys.

### Can you get hepatitis C from food or water, kissing or hugging, or from mosquitoes, or toilet seats?

- No.

### How would I know if I got hepatitis C?

- There are usually no symptoms or signs straight away.
- People who have hepatitis C can get very tired and sick, with loss of appetite, dark pee, and yellow skin and eyes.
- These symptoms may go away but the hepatitis C can keep damaging the liver.

### Get tested

- The only way of knowing whether you have hepatitis C is to get tested.
- You can get tested as part of your health check – just ask.
- The clinic will take a blood sample for testing.

### What's the treatment for hepatitis C? Is there a cure?

Yes! There is good medicine to cure hepatitis C. Just ask at the clinic.

*Let's look after our health and get tested for hepatitis C and STIs. If we all test and get treated, we can stop the spread of hepatitis C and STIs in our community.*