



# Things you should know about Hepatitis C

## 1. Hepatitis C is spread when in contact with blood from a person who has hepatitis C.

### This can happen by:

- Sharing injection equipment
- Sex (specifically with anal receptive)
- Sharing household items such as razors, toothbrushes, and nail clippers
- Blood transfusions and organ transplants before 1992
- Tattoos applied by friends using shared equipment

## 2. It is recommended all adults over 18 years old get tested for Hepatitis C.

## 3. Hepatitis C is a liver disease.

Initially the hepatitis C virus, causes few or no symptoms. If left untreated, people can develop chronic or lifelong infection that can lead to serious health issues: liver disease, liver failure, liver cancer, and even death.

## 4. Get Tested for Hepatitis C.

Getting tested for hepatitis C is the only way to know if you have hepatitis C. This can be done by a blood test.



## 5. Hepatitis C can be cured.

There have been new advances in medications, and most people can be cured. Treatment is easy and usually involves pills taken from 8 to 12 weeks with few side effects.

## 6. Hepatitis C is preventable.

**There is no vaccine for hepatitis C, but there are ways to reduce your risk:**

- Get tested and know your status. You can prevent the spread to others
- Inject safely, don't share needles
- Use your own snorting straws and crack pipes
- Do not share items that have come in contact with blood such as toothbrushes, razors, and nail clippers
- Use sterile tattoo and piercing equipment and single use inkpots not shared by others
- When having anal sex, talk to your partner about their hepatitis C status and use condoms and lubrication.

## 7. By taking care of your liver, you'll reduce the risk to your liver health if you have hepatitis C.

Reduce your alcohol consumption, review medications that can be hard on your liver, get your Hepatitis A and B vaccinations.

Sources:

[Hepatitis C General Information - Center for Disease Control and Prevention](#)  
[CDC Recommendations for Hepatitis C Screening Among Adults United States, 2020](#)