

EASY C FACTS

Hepatitis C (Hep C or HCV for short) is spread when someone's Hep C infected blood comes into contact with someone else's blood. If you have ever shared equipment (needles, cookers, cottons, water, etc.) to inject silicone, drugs, hormones, or vitamins or got an unsafe tattoo or piercing, you should be tested for Hep C. People can also get hepatitis C from

HCV and Transgender People

having sex with someone who is infected with hepatitis C, but this doesn't happen very often unless there is blood during sex. If you ever had surgery requiring a blood transfusion or had an organ transplant before 1992 you should also be tested.

REMEMBER

- See your doctor or nurse on a regular basis about your Hep C
- If you take silicone and hormones—be sure to get them from a doctor. Don't take street silicone or hormones—they may be cheaper but they may cause serious health problems
- Don't share any supplies or equipment for injecting hormones, silicone, drugs, or vitamins
- Get the Hep A & Hep B shots if needed
- Eat a healthy diet and try to exercise everyday
- Avoid alcohol or cut back on the amount you drink
- Up to 100% of people can be cured of hepatitis C — Everyone has the right to be treated and cured

Get Tested. Get Treated. Get Cured.

www.hcvadvocate.org



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