

EASY C FACTS

Gay Men, Sex & HCV

Hepatitis C (Hep C for short) is spread by blood-to-blood contact. Getting HCV from sex does not happen very often, but it can happen especially if there is blood during sex.

There have been, however, higher rates of sexual transmission among HIV-positive gay men and among HIV-positive men who have sex with men. The reasons for the higher transmission rates are not really clear, but it could be

due to rough or dry anal (ass) sex, fisting, having another sexually transmitted disease, or having sex with a lot of different people.

If you think you may have been exposed to Hep C ask your doctor to test you. Since Hep C and HIV are spread in similar ways, people with HIV should be tested for Hep C.

The good news is that if you are infected with Hep C there are many things you can do to stay healthy like eating well, exercising, avoiding alcohol, and taking HCV medications.

It is important to Remember...

- ◆ Hep C is spread by blood-to-blood contact, but remember that blood can be present even if you can't see it
- ◆ Protect yourself from getting HIV, hepatitis B and C and sexually transmitted diseases by practicing safer sex
- ◆ Do not share needles or works (cookers, cottons, water, etc.)
- ◆ Do not share toothbrushes or razorblades
- ◆ Cover open cuts or wounds

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