

EASY C FACTS

Manicure / Pedicure

Hepatitis C (HCV or Hep C for short) is spread by direct blood-to-blood contact. In other words, in order to give or get Hep C the blood from a cut or open wound from someone with Hep C has to get into the bloodstream of someone else.

One way this could happen is if someone uses an instrument, such as scissors or a nail cutter to cut a cuticle or nails that have

someone else's blood on it. That's one of the reasons it's so important to make sure that the instruments used for manicures and pedicures are properly sterilized between each customer.

Another concern is the solutions that are used to soak feet (toes) and hands (fingers). There have been reports of serious infections caused by solutions that were unsafe.

Keep It Safe:

- ◆ Buy manicure and pedicure equipment kits at your local pharmacy store. Take your personal kit into the beauty salons and back home with you and clean it between uses—this is the best way to keep it safe!
- ◆ To disinfect the solution you can buy packets at a pharmacy store to pour into the beauty salon's solution.

Remember...

- ◆ We need to keep our eyes open and take action to keep it safe! Visit www.safepiercing.org for more information to keep you safe.

www.hcvadvocate.org