Hepatitis C (HCV or Hep C for short) is spread by blood-to-blood contact. In order to prevent giving or getting Hep C it is important to make sure that someone’s Hep C-infected blood does not come into contact with another person.

**Hep C Prevention In a Household**

Giving or getting Hep C in a household is very uncommon but you can reduce the risk even more by taking these simple steps:

- Make sure that any cuts or wounds are covered – this includes the person that has Hep C and the person that doesn’t have Hep C
- Keep all hygiene items—toothbrushes, razors, razor blades, dental floss, and nail clippers separate and stored in a different part of the bathroom
- Dispose of any hygiene items, band aids, dressings, sanitary napkins or any items that have any blood on them in a sealed plastic bag and dispose of them in the garbage
- The risk of sexual transmission of Hep C is low, but if you are worried about giving or getting it practice safer sex – talk to a doctor, nurse or a health worker on ways to stay safe


**REMEMBER**

- Hepatitis C is spread by blood-to-blood contact
- It is important to talk with the person you live with about any possible risks and the ways you can stay safe

Get Tested. Get Treated. Get Cured.