

# EASY C FACTS

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

Read more about Hep C prevention in the Easy C section of our website:  
<http://hcvadvocate.org/publications/fact-sheets/easy-cs/transmission-prevention/>

### 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.**

[www.hcvadvocate.org](http://www.hcvadvocate.org)

 **HEPATITIS C**  
SUPPORT PROJECT  
by Alan Franciscus

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