

# Needle Exchange

Hepatitis C (HCV or Hep C for short) is a virus that lives in blood. In order for someone to give hepatitis C to someone else they must get their own blood with HCV into someone else's bloodstream. If you have HCV it is important to make sure that your blood **does not** come into contact with anyone

else's blood. If you do not have hepatitis C, stay safe by making sure that you stay away from other people's blood.

The most common way that people get HCV is from sharing needles and anything that is used to inject street drugs. Even sharing needles to inject hormones, steroids, and vitamins can transmit HCV.

## Remember.....

- ◆ Only use new works (needles, cookers, cottons, ties, and even water) when possible. Also wash your hands to help reduce the risk of getting hepatitis C and other diseases.
- ◆ Visit a needle exchange site in your area to get help with ways to keep you safe. People who work at needle exchanges are there to help you stay healthy by giving you equipment and information about how to inject safely.
- ◆ If you do not have a needle exchange site in your area talk with others about how to stay healthy by using bleach to clean your works and other steps to prevent the transmission of HCV and other diseases.

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

