

EASY C FACTS

HCV Prevention

Hepatitis C (HCV or Hep C for short) is spread by direct blood-to-blood contact. In order to prevent giving or getting

hepatitis C from someone else you have to make sure that your blood does not come into contact with another person's blood.

Prevention Tips:

- ◆ Do not share needles or works (cookers, cottons, ties, water) used to inject drugs, hormones, steroids or vitamins. Wash hands before injecting.
- ◆ Do not share any straws or crack pipes.
- ◆ Do not share any personal hygiene items such as razors, toothbrushes, nail clippers or pierced earrings. Cover any personal items and keep them separate from other people you live with.
- ◆ Make sure tattoo and piercing equipment is sterile. For a tattoo – make sure that a new needle and ink pot is used for each person. For a piercing – make sure that a new needle is used and that the package that contains the needle is opened up in front of you.
- ◆ Cover any open cuts or wounds.
- ◆ Sexual transmission is low, but the use of condoms or barriers will help reduce the risk even more.
- ◆ A mother can transmit hepatitis C to her baby during pregnancy or birth, but this doesn't happen very often.
- ◆ Make sure that in healthcare settings standard safety precautions are being carefully followed.

More detailed information about HCV transmission and prevention can be found in this series of Easy C's.

www.hcvadvocate.org