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.*