



Above: Thanks to Healthcare professionals from Nisga'a Valley Health Authority, Gitlaxt'aamiks, BC, Canada

ANYONE CAN HAVE Hep C! RISK FACTORS include:

BLOOD & BLOOD PRODUCTS RECEIVED (PRE-1992 in NORTH AMERICA, LATER IN SOME COUNTRIES)

- ⇒ Some patients were not informed of procedures.
- ⇒ Women living in remote communities were often given "top-up" blood transfusions following childbirth.

RECREATIONAL DRUG USE (NEEDLES, STRAWS, PIPES)

- ⇒ Even one-time use many decades ago is a risk factor.

RISKY OCCUPATIONS

- ⇒ Healthcare workers, war vets, athletes, cooks.
- ⇒ Cuts, scrapes, and needle-stick injuries can transmit.

RESIDENTIAL SCHOOLS or PRISON: SPECIAL RISKS

- ⇒ Shared vaccinations and body art equipment.

TATTOOS, PIERCING, MANI-PEDI, WAX, ELECTROLYSIS

- ⇒ Insist upon autoclaved or brand-new tools, new wax, new templates, and individually-sealed ink packages.

SEXUAL TRANSMISSION

- ⇒ Hep C is only very rarely spread through typical heterosexual activity; transmission is "blood-to-blood."
- ⇒ Use condoms during MSM and any sexual activities that might lead to tearing, or if one partner has an STD, open sore, is menstruating, or is HIV+.

IMMIGRATING FROM CERTAIN COUNTRIES

- ⇒ Many were infected with Hep C through vaccinations and some traditional medical and cultural practices.

OTHER RISK FACTORS FOR HEPATITIS C INCLUDE:

- ⇒ Sharing razors, nail clippers, or toothbrushes.
- ⇒ 1 in 20 infants born to infected moms develop Hep C.
- ⇒ Exposure to improperly sterilized dental tools or medical equipment such as in dialysis or colonoscopy.



HepCBC Hepatitis C Education and Prevention Society
Dealing with Hep C issues since late 1990s

WEBSITE www.hepcbc.ca

FACEBOOK www.facebook.com/hepcbc

EMAIL info@hepcbc.ca

TWITTER www.twitter.com/hepcbc

YOUTUBE www.youtube.com/user/hepcbc

CANADIAN CHARITY #86800-4979-RR0001

CONTACT HepCBC

VICTORIA MAIN OFFICE

Room 20 – 1139 Yates St., Victoria, BC V8V 3N2

OFFICE PHONE: 250-595-3892

OFFICE HOURS: Check website for current hours.

VANCOUVER OUTREACH OFFICE

Room 206A, 938 Howe Street, Vancouver, BC V6Z 1N9

OFFICE PHONE: 604-259-0500

OFFICE HOURS: Check website for current hours.

PEER SUPPORT

Confidential Email or Phone conversation with trained
Hep C-experienced volunteers.

LOWER MAINLAND SUPPORT LINE: +1-604-259-0501

ANYWHERE IN BC OR NO. AMERICA: +1-778-655-8000

EMAIL SUPPORT: See website contact form

YOU CANNOT GET HCV BY

Hugging or Kissing, Sneezing or Coughing
Eating, Drinking, or Sharing food

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BORN 1945-1975? GET TESTED for Hepatitis C

** You can have Hep C
but NOT KNOW it.*

** Hep C can KILL.*

** There is NO VACCINE.*

** There is a CURE.*





HEPATITIS C IS A DEADLY DISEASE

Hepatitis C is a serious and sometimes fatal disease caused by a virus that infects the liver. Over time, it can lead to advanced liver disease, cancer, and liver failure. Approximately 335,000 people in Canada have hepatitis C.

Because many older people have lived with hepatitis C for 20 to 40 years, their liver-related complications, including cirrhosis, liver cancer, other cancers, liver failure and transplant, hepatic encephalopathy, and liver-related deaths are expected to peak in the next decade. Hep C often does its damage 'silently' so people get diagnosed too late.

ELDERS (and those slightly younger) ARE THE MOST AFFECTED GROUP

Residents of Canada born between 1945 and 1975 are most affected by hepatitis C. This age group accounts for over 75% of people living with and dying from hepatitis C in Canada.

BAD NEWS: Hepatitis C is a rising cause of death among "baby boomers." Deaths due to hepatitis C have exceeded deaths related to HIV/AIDS nationally since 2007.

GOOD NEWS: Hepatitis C damage to the liver and other organs and body systems can be prevented or reversed if caught in time. And if you discover you have Hep C, don't get DEPRESSED. Get CURED!

SYMPTOMS: There are usually NO SYMPTOMS until liver damage reaches Advanced stages. POSSIBLE SYMPTOMS can include nausea, fatigue, confusion, irritability, inability to concentrate, weakness, poor appetite, yellow skin or eyes, dark urine, abdominal pain and swelling, edema, or blood in vomit or stool.

Below:
Thanks to
Volunteer
Firemen,
Gitwink-
sihlkw,
BC,
Canada



YOU CAN HAVE IT AND NOT KNOW IT

It is estimated that 44% of Canadians with chronic hepatitis C remain undiagnosed and unaware of their infection.

LIVER EXPERTS IN US and CANADA RECOMMEND BABY-BOOMER TESTING

Ask for a simple blood test at your next medical appointment, just to make sure! Share this information with your friends and relatives. It could save a loved one's life.

One-time hepatitis C screening of those born between 1945-1975 will prevent serious disease and several thousand unnecessary deaths in Canada.

HEPATITIS C IS NOW CURABLE

Most people with hepatitis C can now be cured in a matter of weeks with new highly-effective, all-oral treatments that, in most cases, have almost zero side effects. (No more INTERFERON! No more NEEDLES!)

The new treatments are covered in most cases by PharmaCare, Non-Insured Health Benefits (NIHB) for eligible First Nations and Inuit, and private insurance.

Once a person is cured of the hepatitis C virus - as long as they do not use alcohol or drugs - the liver damage stops. In most cases, liver damage and other Hep C-related damage to the body, starts slowly reversing.

For more information:

www.catie.ca/en/hepatitis-c
www.actionhepatitiscanada.ca
www.hepctip.ca

www.liver.ca
www.hepcbc.ca
www.hepatitiseducation.ca