



HepCBC Hepatitis C Education and Prevention Society  
Dealing with Viral Hepatitis since the late 1990s

## CONTACT HepCBC for PRISON OUTREACH

Offices in Vancouver and Victoria - see website:  
[www.hepcbc.ca/prisons/](http://www.hepcbc.ca/prisons/)

### HEPATITIS C SERVICES FOR PRISONERS and PRISON-EXPERIENCED; EVERYTHING FREE:

Confidential Phone or Email Support,  
Information, and Advocacy from trained Hep  
C-experienced / Prison-experienced volunteers  
who know how to LISTEN.

**TOLL-FREE LINE: +1-844-268-2118 (option 1).  
Or DIRECT LINE: +1-604-210-2901.**

Be ready to leave a message telling us how and  
when to connect with you. If you leave your mailing  
address we can mail you our basic hepatitis C info  
package. Tell us your information needs and we'll do  
our best. **We offer hepatitis B or HepC/HepB co-infection  
info and support as well.**

**LEGAL SUPPORT** from WestCoast Prison Justice Society:  
Toll-free: +1-866-577-5245; Direct: +1-604-636-0464  
**HIV/HCV Co-infection Support** from Positive Living BC:  
Toll-free: 1-800-994-2437; Direct: +1-604-893-2200

**PRISON EMAIL HOTLINE: [prisons@hepcbc.ca](mailto:prisons@hepcbc.ca)  
WEBPAGE WITH NEWS FOR PRISONERS, ALLIES:  
[www.hepcbc.ca/prisons/](http://www.hepcbc.ca/prisons/)**

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# Hepatitis C

## CAN BE

## CURED

and

## PREVENTED



## ANYONE CAN HAVE Hep C! RISK FACTORS include:

### SHARING INJECTION or INTRANASAL DRUG EQUIPMENT

- ⇒ Needles, syringes, filters, cookers, swabs.
- ⇒ Pipes for crack, crystal meth; straws for snorting.
- ⇒ Even one-time use (even decades back) is a risk.

### SHARING BODY ART & PIERCING EQUIPMENT

- ⇒ Tools, ink, templates, needles, ink pots, blades.
- ⇒ Tattooing, piercing, electrolysis, acupuncture.

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

- ⇒ Some patients were not informed of procedures.

### RISKY OCCUPATIONS and SPORTS

- ⇒ Healthcare worker, war vet, athlete, cook.
- ⇒ Wounds in which blood is shared can transmit.
- ⇒ Cuts, scrapes, and needle-stick injuries

### OTHER RISK FACTORS FOR HEPATITIS C INCLUDE:

- ⇒ Sharing razors, scissors, nail clippers, or toothbrushes.
- ⇒ 1 in 20 infants born to infected moms develop Hep C.

## WHICH SEXUAL ACTIVITIES RISK HCV TRANSMISSION?

### HEP C IS SPREAD VIA BLOOD-TO-BLOOD CONTACT, BUT SMALL BITS OF BLOOD CAN BE FOUND IN OTHER BODILY FLUIDS

- ⇒ Unprotected sexual activity, particularly among men who have sex with men, including both anal and oral sexual activity and fisting.
- ⇒ Any kind of sex that includes the exchange of blood with an infected person, particularly during rough sex which might lead to tearing.
- ⇒ Sex in the presence of sores from an STI, sex with an HIV positive person, or shared sex toys.
- ⇒ Condoms & dental dams can save lives!



# HEPATITIS C CAN BE DEADLY

Hepatitis C is a serious and sometimes fatal disease caused by a virus that infects the liver. While it can take a long time to progress, eventually it can lead to serious health problems such as cirrhosis, liver cancer, other cancers, kidney disease, and hepatic encephalopathy. Approximately 335,000 people in Canada have hepatitis C.

## SYMPTOMS

There are usually NO SYMPTOMS until liver damage reaches advanced stages.

### POSSIBLE SYMPTOMS can include

- nausea
- fatigue
- blood in vomit or stool
- inability to concentrate
- weakness
- poor appetite
- yellow skin or eyes
- dark urine
- abdominal pain
- abdominal swelling
- confusion, even coma
- edema in extremities

## YOU CANNOT GET HCV BY

- ⇒ Hugging or Kissing
- ⇒ Sneezing or Coughing
- ⇒ Eating or Drinking together
- ⇒ Sharing food
- ⇒ Sharing living space



**YOU  
CAN HAVE HEP C  
AND NOT KNOW IT**

*\* Hep C can KILL.*

*\* NO VACCINE yet.*

## HARM REDUCTION in PRISON

- \*reduces HCV transmission both in prison and upon release;*
- \* reduces chances of HCV re-infection following cure;*
- \*includes new needles & condoms.*
- \*Healthcare is a human right!*



## 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!)

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

**For more information go to [www.catie.ca/en/hepatitis-c](http://www.catie.ca/en/hepatitis-c)**

[pasan.org](http://www.pasan.org) [liver.ca](http://www.liver.ca)  
[hepcbc.ca/prisons/](http://www.hepcbc.ca/prisons/) [hepctip.ca](http://www.hepctip.ca) [hepatitiseducation.ca](http://www.hepatitiseducation.ca)  
[positivelivingbc.org/services/prison-outreach](http://www.positivelivingbc.org/services/prison-outreach) (HIV, co-infection)