

HEPATITIS C IS PASSED BLOOD TO BLOOD

Know how to
protect yourself
and others



Canada's source for
HIV and hepatitis C
information

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Know how to protect yourself and others

- Use new needles, syringes, filters, water and cookers if you inject drugs.
- Use your own pipe or stem and mouthpiece if you smoke drugs.
- Use your own rolled paper or straws if you snort drugs.
- Use only sterile equipment, new needles and new ink if you get a tattoo or piercing.
- Use your own personal care items such as razors, nail clippers and toothbrushes.
- Use condoms and lube if you are having sex that has a higher chance of hepatitis C transmission.



- Although not common, hepatitis C can be passed from parent to child during pregnancy or childbirth.
- Sexual transmission of hepatitis C is rare. The risk increases with certain factors such as condomless anal sex, HIV, sexually transmitted infections, sex where blood is present, group sex, and chemsex.

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