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Some people who had blood transfusions before 1992 got infected with Hep C.



For more information about hepatitis C, call: 1 800 263-1638 (CATIE Hepatitis C Program) or 1 800 563-5483 (Canadian Liver Foundation).

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It is best to never share any injection equipment. If you must share, use bleach as a last resort. It won't kill Hep C, but can kill HIV (AIDS virus).



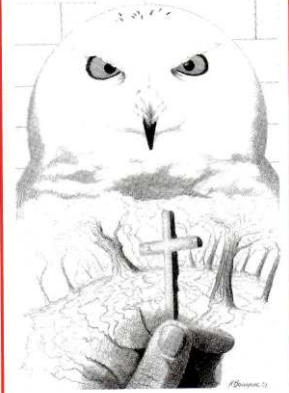
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People in some towns/cities on the outside can get clean needles (and other things like clean water and filters) at a needle exchange.



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Everybody should always cover their cuts and sores.



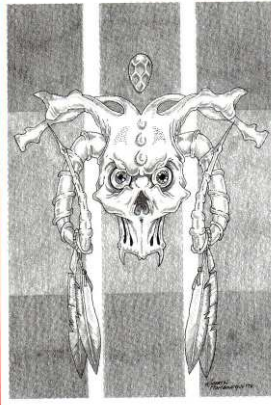
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If you shoot up, always use your own fresh cold water and filter (cotton).



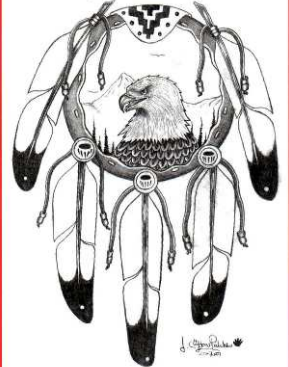
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Needles and syringes cleaned with bleach should be rinsed in cold water, taken apart, soaked in bleach for 10 minutes and rinsed again in cold water.



For more information about hepatitis C, call: 1 800 263-1638 (CATIE Hepatitis C Program) or 1 800 563-5483 (Canadian Liver Foundation).

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If you're not sure how to properly clean needles, find out. Talk to someone you trust or call the Hep C Society.



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Talking to other people who also have Hep C can be really helpful.



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Be S.H.A.R.P.