

Safe

Q6 What is hepatitis C co-infection?

Q1 How many people in Canada are living with hepatitis C?

A1 **250,000.**
About 1 in 5 people with hep C don't know they have it.

A2 **The liver.**
The liver is the largest organ in the human body. It weighs over 1 kg!

You can get a vaccine to prevent hep A or B. There's no vaccine to prevent hep C but treatment can help you get rid of it.

Q5 Getting a cool new tattoo—safe or not?

A5 Safer tattooing means using new, sterile equipment every time. (For more info, go to www.hepcinfo.ca)

A6 A person who has hepatitis C and another infection (such as HIV or an STI) is co-infected. Having hepatitis C makes a person more vulnerable to other infections. It's important to test for and treat HIV, hepatitis and STIs.

If you *share* needles and other equipment, yes. Equipment used for preparing and injecting drugs can have tiny amounts of blood on it and can transmit hep C as well as HIV.

A7 If you use new needles and other equipment every time, no.

A8 **True.** Most people have no symptoms for many years after being infected. This means that they can unknowingly spread hep C to others. The only way to know for sure if you have hep C is to get tested.

Q8 True or false: When most people first get hepatitis C, they don't feel sick.

Ask

Q4 What is one thing you can do for your liver health?

- A4** I can...
 - limit how much alcohol I drink
 - limit how much salty and sugary food I eat
 - avoid inhaling chemicals
 - exercise
 - talk to my doctor or pharmacist about medications and supplements I'm taking

Q3 True or false: Getting a blood transfusion in Canada puts you at risk for hepatitis C.

A3 **False.** Since 1992, all blood products in Canada are checked for hep C. So the risk is extremely low. However, many countries don't screen for hep C. If you had a blood transfusion in Canada before 1992 or in another country, talk to your doctor about getting tested.

Q2 Hepatitis A, B and C all affect which organ?

Play



Canada's source for HIV and hepatitis C information

About CATIE:

We connect people living with HIV or hepatitis C, at-risk communities, healthcare providers and community organizations with the knowledge, resources and expertise to reduce transmission and improve quality of life.

www.catie.ca
www.hepcinfo.ca




Play to know!

Follow these instructions to make your hepatitis C chatterbox:

www.catie.ca
www.hepCinfo.ca
1-800-263-1638

Stay Connected

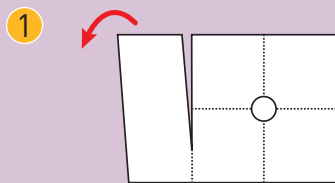
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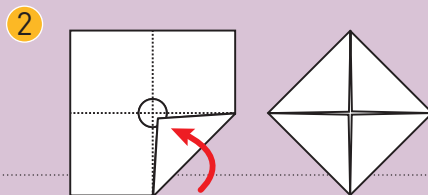
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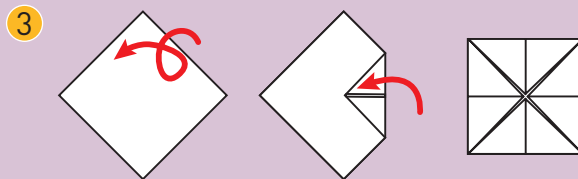
Phone: 416-203-7122
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Fax: 416-203-8284



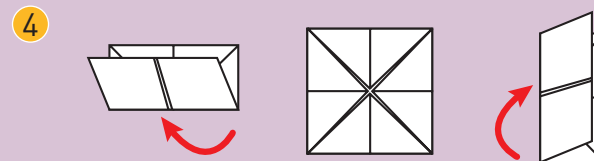
Tear away the CATIE bookmark.



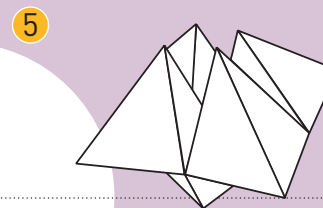
Fold each corner of the square into the centre, so that the corners of the square meet in the centre of the circle.



Turn the square over and fold each corner into the centre of the square, making an even smaller square.



Fold the square horizontally and then vertically to loosen it up.



Reach inside the open flaps to start to play!

Hepatitis C Chatterbox.

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Contact: www.catie.ca • 1-800-263-1638



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