

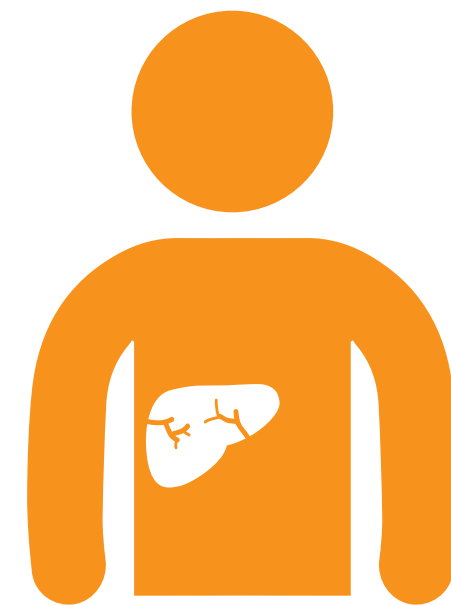


HEPATITIS C INFORMATION FOR IMMIGRANTS AND NEWCOMERS

CATIE

HEPATITIS C IS COMMON AMONG IMMIGRANTS AND NEWCOMERS TO CANADA.

Canadian immigrants usually acquire Hepatitis C (Hep C) in their countries of origin before coming to Canada. One in three people affected by Hep C in Canada is foreign-born, mostly from countries with high rates of Hep C. This is why it's important for you to know more about Hep C.



HEP C IS A VIRUS THAT INJURES THE LIVER.

The liver is an essential organ that helps the body fight infections, break down toxins (poisons) and drugs, digest food, and more. You cannot live without your liver.

YOU CAN HAVE HEP C AND NOT KNOW IT.

Some people can live with Hep C for 20 to 30 years or more without feeling sick, even though the virus is still injuring the liver. Over time, the liver damage gets worse, making it hard for this vital organ to function.

TREATMENT CAN CURE HEP C.



Most people need treatment to cure Hep C. Newer treatments that are easy to take are now available in Canada. They come in pill form, have few side effects, are taken for a short time and are much more effective than older Hep C treatments.

A CURE WILL CLEAR THE VIRUS FROM THE BODY BUT DOES NOT PROTECT AGAINST RE-INFECTION.

People do not develop immunity to Hep C after being cured of the virus, so it is possible to get re-infected. Taking steps to avoid re-exposure will help you continue to live well once you have finished Hep C treatment.

TESTING IS THE ONLY WAY TO FIND OUT IF YOU HAVE HEP C.

It usually takes **two** blood tests to tell whether you have Hep C.

1. The **hepatitis C antibody test** checks whether you have ever come in contact with the virus.
2. The **confirmatory test** confirms whether the virus is currently in your body.

Testing is getting simpler all the time. Speak to your healthcare provider and ensure you are receiving your confirmatory test result and not just the hepatitis C antibody test.



HEP C IS PASSED BLOOD TO BLOOD.

Hepatitis C does not spread through casual contact or by hugging, kissing or touching a person living with the virus. Nor does it spread if new or properly sterilized equipment is used during medical procedures or drug use.

The virus gets into the blood through breaks or tears in the skin or other protective layers of the body. Hep C is a strong virus—it can live outside of the body for many days. This means that the virus can be spread via dried blood.

Hep C is often transmitted by:

- Re-using medical, dental or surgical equipment that was not sterilized properly. In Canada, medical, dental and surgical equipment is sterilized properly. In some medical facilities outside of Canada, this equipment may not be properly sterilized.
- Getting a blood transfusion or organ transplant that was not screened for Hep C. In Canada, donated blood has been screened for Hep C since 1990. Some countries did not screen until more recently.
- Sharing needles and equipment used for preparing and injecting drugs (including needles, syringes, tourniquets or ties, cookers, spoons, filters, water, swabs).
- Re-using tools for piercing and tattooing (including needles, ink and ink pots) or for electrolysis or acupuncture.
- Sharing or borrowing personal care items that might have blood on them, such as razors, nail clippers and toothbrushes. This includes shaving at community barber shops, common in Pakistan and India, when razors are re-used.
- Some practices used by traditional healers that involve cutting or piercing the skin, such as wet cupping, which is common in the Middle East and West Asia, or acupuncture when new needles and sterilized equipment is not used.
- Sexual transmission of hepatitis C is not common. The chance increases with anal sex, especially when blood is present or one of the partners also has HIV or another sexually transmitted infection.
- The risk of Hep C passing from mother to child during pregnancy or childbirth is generally low in Canada. However, it might be higher in cases of children born to mothers with Hep C in other countries where healthcare practices are different.



HEP C IS DIFFERENT FROM HEP A AND HEP B.

Hepatitis A is transmitted when people unknowingly ingest fecal matter, usually through contaminated water or food. Nearly all people clear Hep A without taking medication, and the body becomes immune to the virus.

Hepatitis B can be spread when the blood, semen or vaginal fluid of a person who has the virus enters the body of another person who does not have the virus. The virus can also be passed to a baby during childbirth. Most people who get Hep B as adults clear the virus on their own and their body becomes immune to the virus. The chance of developing chronic Hep B becomes greater if a person is exposed to the virus at a young age. Those who do develop a chronic infection can go on to develop long-term liver problems. Treatment can help slow down and manage the virus. Unfortunately, chronic hepatitis B is not currently curable.

There are vaccines to protect against Hep A and Hep B, and you can get them. There is no vaccine for Hep C, but there is a cure.

SPEAK TO SOMEONE ABOUT HEP C.



Information line at Toronto Public Health

In Ontario, this province-wide information line about hepatitis, HIV and sexual health offers service in Hindi, Punjabi, Urdu, Tagalog, Mandarin, Cantonese and many other languages. When you call, you may be given a specific time to talk to a counsellor in your preferred language. They can also refer you to a clinic in Ontario to get tested.

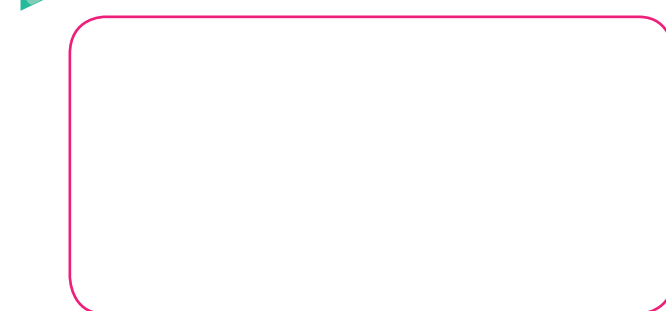
Call toll-free in Ontario:

1-800-668-2437



Monday to Friday:
10 am – 10:30 pm
Saturday and Sunday:
11 am – 3 pm

Outside of Ontario, contact your healthcare provider.



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CATIE Canada's source for HIV and hepatitis C information
1-800-263-1638 • www.catie.ca
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Information in this brochure is not medical advice. Decisions about treatment should always be made with the advice of a doctor who knows about Hep C. Treatment changes, so talk to a doctor to get the latest information.

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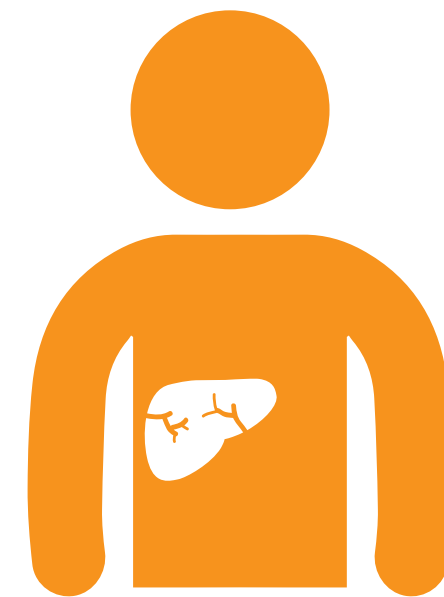


给新老移民的丙型肝炎信息

CATIE

在加拿大,丙型肝炎的发生在移民中很常见。

加拿大移民中的丙肝患者通常是在来加拿大之前在原来的国家感染的丙型肝炎。加拿大三分之一的丙肝患者是出生在外国的,这些患者大多数来自于丙肝患病率较高的国家。这就是为什么作为移民你应该更了解丙型肝炎。



丙型肝炎病毒会损伤肝脏

肝脏是人体很重要的器官,它可以帮助身体抵抗感染,分解毒素和药物,消化食物等等。没有肝脏人就无法存活。

你可能得了丙肝都不知道

虽然丙肝病毒一直损伤着肝脏,但是一些丙肝患者在患有丙肝的20年到30年或以上的期间里从未出现任何症状,长久以来,肝脏的损害越来越严重,从而导致功能障碍。

丙肝是可以完全被治愈的



大多数患者需要治疗才能清除丙肝病毒。在加拿大已经出现了简单服用的新兴治疗方法,新的治疗方法是口服药,副作用少,疗程短,并且比原来的治疗方法更有效。

治疗可以将病毒从体内清除,但不能保证不被再次感染

丙肝即使得到治愈也不产生免疫,所以有可能再次感染。在治疗后采取保护措施可以帮助你保持健康。

做化验检查是判断自己是否感染丙肝的唯一途径。

通常需要两项血液化验来判断是否患丙肝

1. 丙肝病毒抗体化验检查你是否曾经感染过丙肝病毒

2. 确证测试确定目前病毒是否仍在你的体内



丙型肝炎的检测越来越简单,你可以和你的医务人员沟通,确保不仅获取抗体化验的结果,还要获取验证化验的结果。



丙肝是血液与血液的接触传播

日常接触不会传染丙肝,例如拥抱、亲吻或触摸丙肝病人都是安全的。

确保在医疗过程中或毒品注射时使用新的或妥善消毒过的器具,就不会引起丙肝的传播。病毒通过皮肤或身体其他保护层的破损部位进入人体。丙肝病毒有很强的生存能力-它可以在人体外存活很多天。这就意味着干掉的血也可能携带并传播这种病毒。

丙肝病毒通常通过以下途径传播:

- 重复使用消毒不彻底的医疗、牙科或手术器具。在加拿大,医疗,牙科或手术器具都会经过妥善消毒。但在一些其他国家,这些器具可能并不会保障妥善消毒。
- 在输血或做器官移植时,使用了未经丙肝病毒筛查的血液。加拿大是从1990年开始对捐赠的血液进行丙肝病毒筛查的。一些国家直到近期才开始这项筛查。



- 共用针头和毒品配备注射器具(包括针头,注射器,止血带或绑带,炉具,勺子,过滤器材,水,棉签)
- 重复使用身体穿环器具、纹身器具(包括针头,色料和色料盘)和脱毛电针或针灸器材



其他一些丙肝病毒侵入身体的途径:

- 共用或借用可能携带有他人血迹的个人用品例如剃须刀,指甲刀和牙刷。这包括在巴基斯坦和印度比较常见的传播方式-在社区理发店刮胡子,因为剃须刀的重复使用会导致丙肝病毒的传播。
- 一些导致皮肤破损的传统疗法也可以造成传播,例如在中东和西亚比较流行的拔血罐,或针灸,如果没有使用新的针和妥善消毒的器材就可能产生传播。
- 丙肝的性传播并不常见。肛交会导致这个概率增高,尤其伴随着有出血或一位性伴携带艾滋病或其他性传播疾病时。
- 在加拿大,丙肝在孕期和生产期间的母婴传播风险很低。然而在一些医疗不同于加拿大的国家,这个概率很可能高一点。



丙肝不同于甲肝和乙肝

甲肝是当未受感染者摄入了由病毒携带者的粪便污染过的水或食物而导致的传播。几乎所有的甲肝患者可以自行清除病毒,无需吃药,并且好转后身体会产生对甲肝病毒的免疫。

乙型肝炎病毒通过与受感染者的血液,精液或阴道分泌物接触传播。乙型肝炎病毒还可以通过分娩时母婴传播。大多数的成人乙肝感染者可以自行将病毒清除并产生免疫。感染乙肝的年龄越小,越容易发展成慢性感染。慢性感染就会发展成长期的肝脏问题。治疗可以帮助减缓并控制病毒,但是慢性乙肝目前并不可完全治愈。

甲肝和乙肝有疫苗可以预防,丙肝没有疫苗,却有治疗方式将其完全治愈。

丙型肝炎咨询机构



多伦多公共卫生局的信息热线

在安省,这个全省范围的信息热线提供肝炎、艾滋病和性健康的多语种咨询服务,包括印地语,旁遮普语,乌尔都语,菲律宾语,普通话,广东话等其他语言。您致电时,该服务会为您安排您首选语言的咨询时间,他们还可以转介您到安省范围内的相关诊所做化验检查。

安省免费信息热线:

1-800-668-2437



周一至周五:
10 am - 10:30 pm
周六和周日:
11 am - 3 pm

如果你在安省以外的地方,请联系你的医务人员。



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这本册子中的信息不是医疗建议。有关治疗的决定要咨询丙肝专科医生。丙肝的治疗在不断更新,请您咨询专科医生获取最新的信息。

由安省健康和长期护理厅资助