

## Protect yourself and others from getting Hepatitis C

- Keep other people's blood out of your body
- Do not share rigs, water, spoons, filters, cookers, or vials if fixing
- Do not share tubes, straws or pipes if snorting or smoking
- Do not share earrings, studs or needles used for body piercing
- Do not share needles or ink for tattooing
- Do not share razors, toothbrushes, or nail clippers
- Avoid getting into fights
- Cover open sores or breaks in the skin
- Practice safe sex (use condoms especially during a period)

### For more information contact:

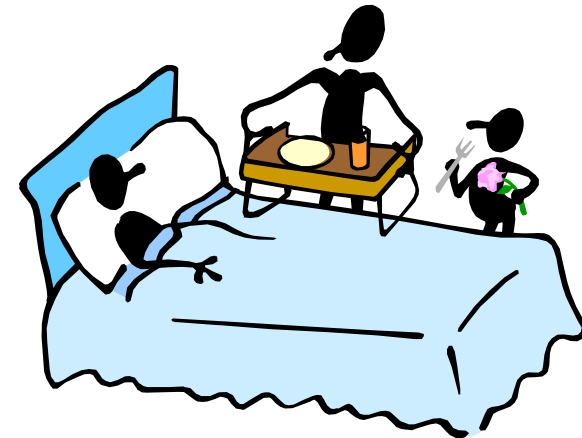
- Your Doctor
- Bissell Centre 423-2285
- STD Clinic 413-5156
- Streetworks 424-4106
- HIV Edmonton 488-5742
- Boyle McCauley 422-7333
- Canadian Liver Foundation 444-1547 or Toll Free at 1-888-557-5516
- Public Health 413-4977

Funded by Health Canada

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# Hepatitis C

## Symptoms And How to deal with them



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## Did you know:

- Hepatitis C is a virus that attacks the liver
- In Canada, there are about 300,000 people infected with Hepatitis C but only 30% know they have it
- Hepatitis C is much easier to catch than HIV
- There is no vaccine for Hepatitis C
- Most people with Hepatitis C have the disease for years and years and do not know
- **A person who has Hepatitis C can live a long and normal life if they take care of themselves**

## Symptoms

**SOME PEOPLE HAVE NO SYMPTOMS FOR YEARS**

### **Symptoms Include:**

- Tired all the time
- Headaches
- Not feeling hungry
- Stomach cramps and puking
- Fever
- Dark pee
- Feeling itchy
- Jaundice (Yellow eyes or skin)
- Stomach cramps
- Joint and muscle aches



## Symptoms

### How to deal with them

**Tired all the time:** Exercise - even just a little. Go for a walk. Get rest when you are tired. Take naps.

**Headaches:** Get enough sleep, drink plenty of water, TRY to reduce stress

**Not feeling hungry/Sick to stomach, puking:** Try to eat - even a little or try eating smaller meals. Eat larger meals in the morning.

**Joint/muscle aches:** Try a hot bath.

If you use Tylenol, use only the recommended dose. **NEVER USE MORE THAN THE RECOMMENDED DAILY AMOUNT**

**Ask a doctor or nurse before you take any medication**