

Chronic carriers

A chronic carrier is someone who is unable to rid himself or herself of the virus. Such a person can spread the hepatitis virus even if there is no sign of the disease.

Hepatitis A There are **no chronic carriers** of hepatitis A. People carry the virus only while sick and for a few days before they fall ill.

Hepatitis B **One person in ten** becomes a chronic carrier and can transmit the disease at any time.

Hepatitis C **Eight people in ten** become chronic carriers and can spread the disease at any time.

To protect yourself from hepatitis

GET VACCINATED

against **HEPATITIS A** and **HEPATITIS B**.



There are 3 types of vaccine:

- hepatitis **A**: 2 injections
- hepatitis **B**: 3 injections
- a combined vaccine (hepatitis **A** and hepatitis **B**): 3 injections

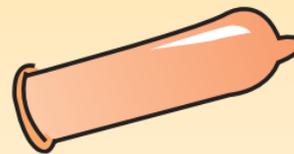
There is no vaccine against hepatitis C.

Other ways to protect yourself

• Always use sterile equipment. You can get new syringes in places displaying this logo:



• Use a condom during sex.



• Wash your hands frequently.

If you're using DRUGS

GET VACCINATED

against **HEPATITIS A** and **HEPATITIS B**.

It's free!

Want to know more?
Contact your CLSC or your doctor.

Santé
et Services sociaux
Québec

02-234-04A
Original idea by Point de Repères, in cooperation
with the Direction de la santé publique de Québec

If you're
using **DRUGS**
Keep a **SHARP EYE** out
for **hepatitis!**

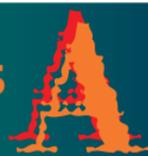


Hepatitis A, hepatitis B and hepatitis C are diseases which can cause:

- a destroyed liver (cirrhosis)
- liver cancer
- death



HEPATITIS A



Hepatitis A virus is found in the stool of an infected person. You can catch hepatitis A mainly:



- by taking drugs, drinking water or eating food handled by an infected person who did not wash his or her hands after a bowel movement;

stool → hands → drug, water, food → mouth



- during sex, by contact with the stool of an infected person.

anus → mouth
anus → hand → mouth

HEPATITIS B



You can catch hepatitis B mainly:



- by sharing syringes or other drug paraphernalia with an infected person;

- during body piercing or by getting a tattoo with non-sterile equipment;



- during sex with an infected person if you don't use a condom.



A mother can give her baby hepatitis B during childbirth.

HEPATITIS C



You can catch hepatitis C mainly:

- by sharing syringes or other drug paraphernalia with an infected person;



- during body piercing or by getting a tattoo with non-sterile equipment.



Even though risks are low, hepatitis C can be transmitted by sexual contact with an infected person.

A mother can give her baby hepatitis C during pregnancy or childbirth.

Some symptoms of hepatitis:

- extreme fatigue
- fever
- nausea (upset stomach)
- diarrhea
- stomach ache
- jaundice (yellow tinge to the skin and the whites of the eyes)

Some people with hepatitis have no symptoms.

They don't know they have the virus or that they can spread it.