

Sex, Drugs & Prevention

Remember – a germ is just a germ. Germs spread wherever and whenever they can. Sex and injecting drugs can spread germs, but they **do not cause** Hepatitis B. Germs cause Hepatitis B.

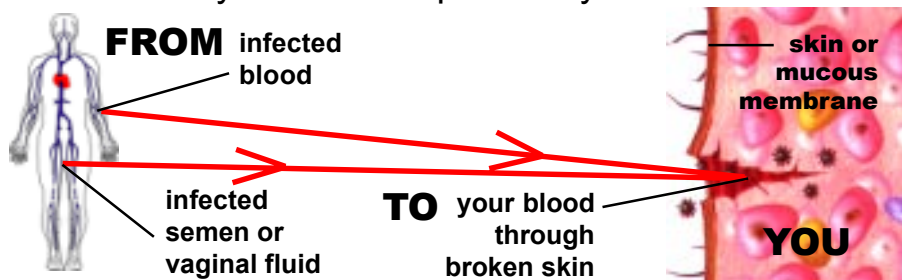
What is Hepatitis B?

Hepatitis B is an infection of the liver caused by a kind of germ called a virus. Hepatitis B is one of many viruses that can hurt your liver, including Hepatitis A, C and others. Like Hepatitis A, a **free vaccine** is easily available to prevent Hepatitis B.

WHAT DOES THE LIVER DO?

How is it spread?

Hepatitis B spreads when infected blood, semen [*cum*], or vaginal fluid [*pussy juice*] gets into your blood, through a break in your skin or mucous membrane (the 'skin' inside your mouth, vagina [*pussy*] or rectum [*inside your ass*]). Remember – skin can have tiny cuts or scrapes that you can't see or feel!



- o Hepatitis B is spread by unprotected anal or vaginal sex [*screwing or being screwed in the ass or pussy without a rubber*].
- o Hepatitis B is also spread by using drug injection equipment that has been used by another person (including needles, syringes, spoons, water and filters). It may also spread by using needles for tattoos or piercing that have been used by another person, unless sterilized.

Can it be prevented?

Yes it can. One way to prevent Hepatitis B is to **GET THE VACCINE**. The vaccine is given with a needle in the muscle of your upper arm. It is given in three doses – a first dose, a second dose after 1 month, and a third dose after 6 months.

You can avoid coming into contact with the virus by:

- o NOT having unprotected anal or vaginal sex [*screwing or being screwed in the ass or pussy without a rubber*].

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- NOT having unprotected anal or vaginal sex [*screwing or being screwed in the ass or pussy without a rubber*].
- NOT using drug injection equipment or needles for tattooing or piercing that have been used by another person, unless sterilized.
- NOT using razors or toothbrushes of someone who has Hepatitis B. There may be traces of blood.



What are its symptoms?

Many people who are infected with Hepatitis B **never show symptoms**. Symptoms **MAY** show 5 to 20 weeks after infection. If they do show, they could include:

- Feeling tired and sick, having no energy.
- Not feeling like eating, throwing up, losing weight.
- Pain under the rib cage on your right side.
- Your urine [*pee*] might become dark-coloured and your stool [*shit*] might become light-coloured.
- Your skin and the whites of your eyes could turn yellow.

How can I tell if I have it?

Hepatitis B is diagnosed by a blood test. You might think about getting tested and/or vaccinated for Hepatitis B if:

- You have used drug injection equipment that has been used by another person.
- You have used needles for tattooing or piercing that have been used by another person, without sterilizing.
- You have symptoms of Hepatitis B.
- A sex partner or drug-using partner tells you they have Hepatitis or symptoms of Hepatitis.
- Someone tells you that you have been in contact with Hepatitis B... or if you are worried about Hepatitis B.



Can it be cured?

For most people, Hepatitis B goes away by itself within 3 to 16 weeks. After recovery, vaccination should happen to stop getting infected again.

Some infected people (10 to 15%) become carriers of the virus. This means they can pass the virus on for their whole lives. They are also at high risk of developing serious liver damage, which can lead to death. Anti-viral drugs may be prescribed to reduce liver damage.

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If you have Hepatitis B, vaccination for Hepatitis A is strongly recommended to avoid further damage to your liver. As well, both Hepatitis A and Hepatitis B can be much more serious if you already have Hepatitis C. People with Hepatitis C should be vaccinated for both Hepatitis A and Hepatitis B.



What About HIV?

Hepatitis B and HIV are spread in the same way. If you have one, you could have both. HIV is mostly spread through sharing drug injection equipment and through unprotected anal or vaginal sex [*screwing or being screwed in the ass or pussy without a rubber*]. If you are infected with Hepatitis B, you should also test for HIV.

clip/rip & save

Where can I go?

Street Connections is Winnipeg's mobile needle exchange service. They offer clean needles and safely dispose of used ones.

- **Needle exchange van** operates from 6 p.m. to 11:30 p.m. Monday to Friday. It can be reached by cell at 981-0742.
- **Needles can also be exchanged** at 50 Argyle St. Call 943-6379 for hours.

You can get tested for Hepatitis, HIV and STIs at your doctor's office, or contact one of the health agencies below for confidential testing services:

- **Klinic** – 870 Portage Ave. – 784-4078 – Drop-in Teen Clinic every Saturday from 12 to 4 p.m.
- **Women's Health Clinic** – 419 Graham St. – 947-1517 – Drop-in Teen Clinic every Thursday from 3 p.m. to 9 p.m. – **Boys welcome!**
- **Nor'West Coop** – 103-61 Tyndall Ave. – 633-5955 – Drop-in Teen Clinic every Wednesday from 1 to 6:30 p.m. and Saturdays from 10 a.m. to 2 p.m.
- **Mount Carmel Clinic** – 886 Main St. – 582-2311 – Ask for "Triage".
- **Health Action Centre** – 425 Elgin St. – 947-1626 – Ask for a nurse.
- **Hope Centre** – 480 Alfred – 589-8354 – Drop-in HIV testing available.
- **St. James Walk-in Clinic** – 1600 Portage – 774-1868 – Open 'til 11 p.m. every day! Across the street from Polo Park.
- **Street Connections** – 50 Argyle St. – 943-6379 – Nurse available for women and transsexuals only.
- **Community Health Clinic** – 601 Aikins – 940-2025 – Call for appointment.
- **Village Clinic** – 705 Broadway Ave. – 940-6001 – Call for appointment.