

# What is hep C?

**Hep C is an illness  
that can make your  
liver sick**

**It is caused by  
a blood virus  
called HCV  
(hep C virus)**

**Lots of people  
in Australia  
have hep C**

**Many people don't  
know they have it**



# How does hep C affect people?

Most people **don't** feel sick when they **first** get the virus.



Some people **never** get **sick**.



After about **10 years** many people feel **tired** or **sick**.



A **small** number of people may get very **serious liver disease**.



# How can you get hep C?

You can only get hep C if blood from an infected person gets into your blood.



# Avoiding hep C

There is no vaccine to stop people getting hep C so:

**never share any injecting equipment.**

**If you do inject drugs, always use your own equipment and wash your hands before and after use.**



**Always make sure tattoo and body-piercing equipment is sterile.**



**Don't use other people's razors or toothbrushes.**



# You can't get hep C by...

sharing food  
or drinks...

hugging  
or kissing...



or

It's very rare  
to get hep C  
from sex...

sneezing  
or coughing...

breast-feeding...



# How do you know if you've got hep C?

**Usually you can't tell when you first get hep C. If you want to check, get a free blood test from your doctor.**



## **Is there a treatment?**

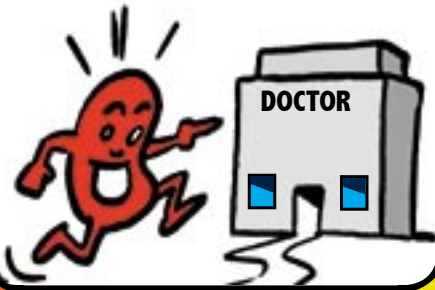
**Yes, there is an effective treatment for hep C.**

**It can stop you getting serious liver disease.**

**For more information, phone the Hepatitis Council or talk to your doctor.**

# How can you stay healthy?

**Visit your doctor regularly for a health check-up.**



**Cut down on alcohol.**

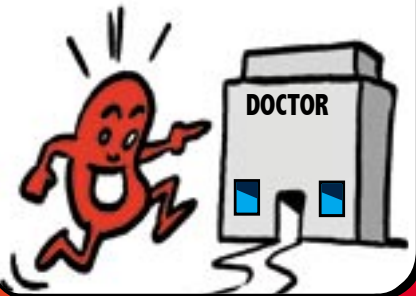


**No binge drinking.**

**Eat a healthy diet.**



**Get vaccinated for hep A and B.**



# Where can I get help?

▲ **Hepatitis Council of WA**

Tel: (08) 9328 8538

Freecall: 1800 800 070

▲ **ADIS (Alcohol and Drug Information Service)**

Tel: (08) 9442 5000

Freecall: 1800 198 024

▲ **WASUA (WA Substance Users' Association (Inc))**

Tel: (08) 9227 7866

▲ **WA AIDS Council (Mobile Needle Exchange)**

Tel: 0438 877 219

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