

Hepatitis C

Hepatitis C is an infection that can harm your liver. This sheet tells you more about Hepatitis C.



How do I know I have Hepatitis C?

Most people don't notice any signs or feel sick from Hepatitis C for a long time. But you can get a blood test to see if you have Hepatitis C. Get tested if you:

- were born between 1945-1965.
- got a blood transfusion or organ transplant before 1992.
- were treated for blood clotting problems before 1987.

People who do have signs of Hepatitis C may notice:

- fever
- feeling very tired
- not feeling hungry
- feeling like you're going to throw up or throwing up
- stomachaches
- dark pee
- gray poop
- joint pain
- jaundice (yellowish skin or eyes)

Even if you don't feel sick, Hepatitis C can still harm your liver. If you have Hepatitis C, get treated to keep your liver healthy.



Is there treatment for Hepatitis C?

- There are different medicines that can treat Hepatitis C.
- A medicine called Harvoni can cure Hepatitis C. When you take Harvoni, you take 1 pill a day for 2-6 months. But Harvoni can cost a lot of money. Talk to your CHN doctor to learn more about Harvoni and other medicines.

What else can I do to stay healthy if I have Hepatitis C?

- Eat healthy food. This makes it easier for your liver to stay healthy and fight infection. Talk to your CHN nutritionist about healthy eating.
- Talk to your doctor before you take any medicines or herbs. Some medicines and herbs can hurt your liver if you have Hepatitis C.
- Don't drink alcohol. Alcohol can also hurt your liver. It can also make it harder for your Hepatitis C treatment to work.
- Get lots of sleep to keep your body strong. This makes it easier for your body to fight infection.

Can I spread Hepatitis C to other people?

People can get Hepatitis C through sex without a condom or sharing needles. To avoid spreading Hepatitis C to others:

- Use condoms the right way every time you have sex.
- Don't share needles.
- Don't share personal items like toothbrushes, nail clippers, or razors.

Talk to your CHN doctor to learn more about Hepatitis C.