**WHAT IS HEPATITIS C?**

- Hepatitis C is a progressive disease which frequently has few or no symptoms and can progress without signs for decades. Most patients with chronic hepatitis C are asymptomatic until serious liver complications arise.

**SHOULD I GET SCREENED?**

A one-time screening is recommended for people born between 1945 and 1965, without ascertainment of HCV risk. These risk factors include:

- History of injection drug use.
- Receiving a tattoo in a unregulated facility/setting.
- Children born to anti-HCV-positive mothers.
- History of transfusion with blood or organ transplants.
- Chronic liver disease/hepatitis with unknown cause.

**CONTACT US**

Humboldt Area Center for Harm Reduction (HACHR)
(707) 407-6013
hachr707.info@gmail.com
www.hachr707.org
**Should You Get Tested?**

- YES, if you were born between 1945 and 1965.
- YES, if you are a current or former drug user who used needles to inject. Even if you only did this one time.
- YES, if you have a sexual partner who has Hepatitis C.

Hepatitis C is a serious (but manageable) liver disease. Working closely with your doctor and taking care of your health will help you to live a long & healthy life.

**Hepatitis C Treatment**

Treatment is recommended for all patients with chronic Hepatitis C infection, regardless of genotype.

There are many highly effective and highly tolerable treatment options. Most patients receive twelve weeks of treatment, taking one pill once per day.

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**HCV Test Results**

- **Positive Results**
  This means the hepatitis C virus is in your body, and you could:
  - Develop liver damage over time.
  - Pass the virus on to others through blood- to-blood contact.
  - Be a candidate for treatment.

- **Negative Results**
  This may indicate that your body has cleared the virus on its own. If you test negative and have previously never had a positive result, this indicates you do not have the virus. However, this DOES NOT mean you are immune to hepatitis C, and you should:
  - Get another test in 6 months to confirm that there is still no virus.
  - Take measures to protect yourself from getting infected in the future.

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**Tips to Stay Healthy**

- Stick to a healthy diet by avoiding junk food.
- DO NOT SHARE NEEDLES.
- Limit drug use as they may interfere with drug treatment.
- Limit intake of alcohol for it could damage the liver even further.
- Physical activity is important during treatment.
- See your medical provider on a regular basis.
- Get tested for HIV & practice safer sex. Always use a condom.

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**Where to Get Tested**

- HACHR - (707) 407-6013
- NorCAP - (707) 441-5074
- Open Door - (707) 456-1988

Thanks to our partners at: harm reduction coalition