

BLOODY SERIOUS

You or someone you know could be one of over 200,000 Australians who have hepatitis C



You can only get Hep C from **direct blood to blood** contact like

- unsterile piercing and tattooing
- sharing injecting equipment (including syringes, spoons, water, filter and tourniquets)
- sharing items that may have blood (like razors, toothbrushes, tweezers)
- mother to child (this is rare)
- during sex if there is blood present (this is also rare)
- blood transfusions or medical procedures overseas



Hep C is a virus that **affects the liver** and can give people symptoms like

- tiredness and sleep problems
- fevers and flu-like symptoms
- nausea
- mood swings and depression
- liver pain
- skin problems
- it can sometimes cause liver damage or liver failure



Hep C can be managed with healthy living, diet, exercise and reducing or avoiding alcohol

Hep C can be treated and cleared in 50-80% of cases

Hep C affects people from all walks of life. It is a health condition - not a reason to fear someone or treat them differently

Contact the Hepatitis Council of Qld on **1800 648 491** or www.hepqld.asn.au
or write to PO Box 13172, George St Qld 4003

Hepatitis infoline nation-wide call 1300 HEP ABC (1300 437 222) or go to www.hepatitisaustralia.com

