

WHAT IS HEPATITIS C?

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Hep C is a virus that can cause inflammation and damage to your liver. If left untreated it can cause long term liver disease, cirrhosis (scarring of the liver) and liver cancer.

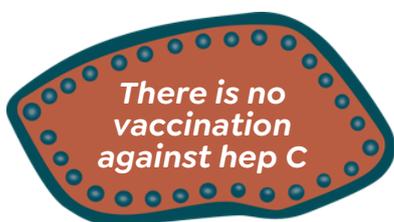


HOW DO YOU GET HEP C?

Hep C is spread through blood-to-blood contact.

Such as:

- Sharing needles or injecting equipment
- Getting a tattoo or piercing at home or in jail.



GETTING TESTED

The only way to know if you have hep C is to get a test.

You can have a:

- Blood test, or
- Finger stick test.

Talk to your local clinic to find out what's available.



GETTING TREATED

Treatment is simple:

- 95% chance of being cured
- Tablets (no injections) for 8 to 12 weeks
- Little to no side effects
- Covered by Medicare and Closing the Gap
- If you have had treatment, you can get hep C again.



LOOKING AFTER YOUR LIVER

You can look after your liver by:

- Getting tested if you have put yourself at risk of hep C
- Eat healthy food
- Reduce or cut out alcohol
- Reduce smoking
- Aim for 30 minutes exercise every day



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HOW DO YOU GET HEPATITIS C?

You get hep C from blood-to-blood contact

HIGH RISK



Sharing needles or injecting equipment



Being injected by someone else



Having a tattoo or piercing done by a friend



Traditional practices or ceremonies

LOW RISK



Unprotected sex



Breast feeding with cracked or bleeding nipples



Mums with hep C can pass it on to their bubs at birth



Sharing toothbrushes, razors or clippers



Needle stick injury

NO RISK



Sharing food, or eating food made by someone with hepatitis



Hugging, kissing or shaking hands



Using clean injecting equipment



Competing in contact sports



Washing someone, sharing toilets, showers and bathrooms