

What are some precautions I can take to reduce spreading Hep C?

Inform anyone (like health care providers and sexual partners) who may be exposed to your blood of your Hep C status.

Do not share drug injection equipment, straws used for snorting cocaine or any other drug related devices .

Do not share household items like razors, tooth brushes, dental floss, nail files & clippers.

Make sure proper sterilization of equipment was done before getting a tattooing, body piercing or acupuncture.

For More Info about Hep C contact:

CATIE
Toll Free: 1.800.263.1638
Website: www.hepcinfo.ca

Canadian Liver Foundation
Toll Free: 1.800.563.5483
Website: www.liver.ca

Public Health Agency of Canada
Website: www.publichealth.gc.ca

The Avenue Community Centre
(Contact info on back of this pamphlet)

The Avenue Community Centre for Gender and Sexual Diversity

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Email: paccentre@sasktel.net

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Hepatitis C



Know Your Risks.



Health
Canada

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There are 3 types of Hepatitis: A, B, & C

Hepatitis A

Hep A is spread through shit.

Ways in which Hep A can infect gay & bisexual men: Finger fucking, rimming, and handling shitty condoms or sex toys. Luckily Hep A can be dealt with if you get some medical attention. There is even a vaccine you can get to prevent you from getting it.

Hepatitis B

Hep B is spread through: shit, spit, cum, pre-cum, blood and piss.

Ways in which Hep B can infect gay & bisexual men: finger fucking, rimming, handling shitty condoms or sex toys, deep kissing, and fucking. There is also a slight chance of getting it through piss (water sports) or by sharing a toothbrush or razor.

Getting Hep B will lay you up for weeks. You have to take meds & give up liquor of every kind. If you are HIV+ already your life can be at serious risk. Wait too long to treat it and you can be that one in a hundred people who die from Hep B. There is a vaccine for Hep B, which can greatly lower your risk of getting Hep B.

Hepatitis C

Hep C infects people through blood-to-blood contact. If you don't get treatment Hep C can kill you.

Ways in which Hep C can infect gay & bisexual men:

Sharing drug injection equipment or sharing straws used for snorting cocaine are common ways to transmit Hep C.

Accidently pricking yourself with a needle that was used on someone who has Hep C.

There is the potential to transmit Hep C by sharing household items that could have blood on them. Some of these household items would be things like razors, tooth brushes, dental floss, nail files & clippers.

Improper sterilization and use of contaminated equipment for skin piercing procedures like tattooing, body piercing and acupuncture could put one at risk for Hep C transmission.

If you are an individual who received a tissue or organ transplant, blood product or blood transfusion before screening for Hep C began in 1990 you should get tested.

Sexual Activity & Hepatitis C

Transmission of Hep C through sexual activity is considered low risk. However, vigorous, rough anal sex, finger fucking or fisting can tear the mucous membrane. If your partner has open sores or cuts on their cock or hands they could potentially pass Hep C onto you. You can further reduce your risk by using condoms or latex gloves during these activities. Gentle sexual activity with lots of lube could further reduce your risk.

Hepatitis C & HIV Co-infection

Blood is one of the ways for both Hep C & HIV to be transmitted. Co-infection with HIV and Hep C can change the treatment and disease progression of both viruses. It is important to get tested for both so you know the best course of action for treatment.

How would I know if I got Hepatitis C?

Well here are the key symptoms: fever, headaches, major drop in your energy level, nausea, loss of appetite, muscle and joint aches, itchy skin (usually without a rash), vomiting and stomach pains. If the Hep C is an advanced case you might also have these symptoms: your skin and the whites of your eyes turn yellow, your shit becomes very pale, and your piss is very dark.