


HCV PATIENT TOOLS

HCV TOOLS FOR SUCCESS

HCV Prevention

Hepatitis C (HCV or Hep C for short) is spread by direct blood-to-blood contact. In order to prevent giving or getting hepatitis C from someone else you have to make sure that your blood does not come into contact with another person's blood.

Prevention Tips:

- Do not share needles or works (cookers, cottons, ties, water) used to inject drugs, hormones, steroids or vitamins. Wash hands before injecting.
 - Do not share any straws or crack pipes.
 - Do not share any personal hygiene items such as razors, toothbrushes, nail clippers or pierced earrings. Cover any personal items and keep them separate from other people within your home.
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- Make sure tattoo and piercing equipment is sterile. For a tattoo – make sure that a new needle and ink pot is used for each person. For a piercing – make sure that a new needle is used and that the package that contains the needle is opened up in front of you.
 - Cover any open cuts or wounds.
- Sexual transmission is low, but the use of condoms or barriers will help reduce the risk even more.
 - A mother can transmit hepatitis C to her baby during pregnancy or birth, but this doesn't happen very often.
 - Make sure that in healthcare settings standard safety precautions are being carefully followed.

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