



Hepatitis C





What is Hepatitis C?

- Hepatitis C is an infection of the liver that results from the hepatitis C virus.
- The disease can be acute and self-limiting (short term) with few symptoms or chronic (long term) and can cause serious health problems.
- %80 of people with Hepatitis C will have NO symptoms.



Symptoms:



**Loss of
appetite**



**Abdominal
swelling**



Fever



Itching



Fatigue



**Right side
abdominal pain**



**Pale-coloured
stools**



**Jaundice
(yellowish skin & eye)**



How does Hepatitis C spread?

- Sharing contaminated equipment or syringes.
- Contact with infected blood.
- Unprotected sex with infected person.
- Tattooing using unsterilized equipment.
- Children born to infected mothers.



Do I need to avoid social contact?

The virus can't spread by:

- Holding hands
- Sharing a drinking glass
- Kissing
- Coughing or sneezing



Is there a vaccine for the disease?

There is no vaccine for the disease, prevention measures include:

- Wear gloves when you handle any blood.
- Don't share personal items (toothbrush or razors).
- Never share needles or syringes.
- Ensure protected sex.
- HCV examination for early diagnosis and treatment of the disease to reduce its transmission to others.



What are the complications?

If the disease lasts for a long time without treatment, it can lead to liver cirrhosis or liver cancer.

List of priority groups for Hepatitis C screening:

If you see yourself in this list, ensure you get tested:

- If you have come in contact with a person who has Hepatitis C (Living in the same home).
- Patients who require frequent blood transfusions or blood derivatives (e.g. Thalassemia and Sickle Cell Anemia).
- Patients who require Peritoneal Dialysis and Hemodialysis.
- Patients who needed a blood transfusion and its derivatives or those who underwent any major operation before 1990.
- Patients who have high liver enzymes for an unknown reason.
- Drug addicts and former drug addicts.
- Prison inmates.



Important information:

- There is no vaccine for Hepatitis C.
- The only way to diagnose is to perform a blood test in a healthcare setting.
- Hepatitis C virus is treatable and can be cured permanently.
- Hepatitis C virus medications are available—a group of antiviruses that were proven to be effective in treating up to %95 of the cases.

Those who were treated for Hepatitis C, may get the infection again, therefore, they must understand the risk factors and how to prevent the recurrence of hepatitis C virus, to protect themselves and the community.



There is a cure

Get tested now and ask your
physician about treatment