

“WHEN”

Should You Get Checked Out?

As soon as possible!

Especially If:

- ◆ You are a drug user and have shared needles and/or other drug using equipment.
- ◆ You have had homemade tattoos or piercing.
- ◆ You have had unprotected sex with multiple partners.
- ◆ You engage in unprotected rough and/or anal sex.
- ◆ You live with someone who has Hepatitis C.
- ◆ You had a blood transfusion prior to 1992.

**SPREAD AWARENESS
NOT THE DISEASE**

“WHERE”

Can You Go To Get Help?



Project “C”

For Yourself!

**Your Link to Hepatitis C
Services in Your community**

- ◆ Talk to your doctor.
- ◆ Inquire at a Walk-in eClinic.
- ◆ Contact the Public Health Agency in your community.
- ◆ Check your local telephone directory to see if there is a clinic near you.
- ◆ John Howard Society of Durham Region, Oshawa, Ontario
905-579-8482 Ext.244

Project ‘C’ FOR YOURSELF!

HEPATITIS C

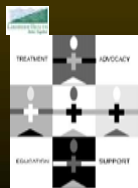
AWARENESS PROGRAM



“THE SILENT EPIDEMIC”

**THIS PAMPHLET WAS
DESIGNED AND DEVELOPED BY
PEOPLE JUST LIKE YOU!**

**THEY ARE EITHER INFECTED
OR AT RISK OF BEING
INFECTED WITH HEPATITIS C!**



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JohnHoward
SOCIETY OF DURHAM REGION

“WHAT”

Is Hepatitis C?

- ◆ **HEP C is a virus that is spread through direct blood to blood contact.**
- ◆ **The virus grows and begins to affect the liver.**
- ◆ **It's strong, deceiving, and hearty.**
- ◆ **20% of people fight off the virus and 80% of people need treatment.**
- ◆ **It's progressive and can lead to Cirrhosis and/or Cancer**
- ◆ **There are six different strains known as “Genotypes”.**
- ◆ **A simple (RNA) blood test tells which strain you have.**

“WHO”

Have You Ever?

- Shared injection equipment including syringes, cookers, filters, straps.**
- Shared straws, bills, pipes, and/or other smoking or snorting devices.**
- Had tattoos and/or piercing.**
- Had a blood transfusion before 1992.**
- Shared toothbrushes, razors, nail clippers.**
- Lived with someone who has Hepatitis C.**
- Have unprotected sex with multiple partners.**

“WHY”

Get Tested?

- ◆ **You can be infected and not know it.**
- ◆ **You can die from this virus.**
- ◆ **You can infect others.**
- ◆ **Just a simple blood test will show you the level of antibodies in your blood.**
- ◆ **Positive results means you have been exposed to the Hepatitis C Virus.**
- ◆ **Through testing, treatment, good nutrition and healthy living, you can lead a normal life.**
- ◆ **It is your responsibility to protect yourself and others.**
- ◆ **There is a chance that you can be cured.**

**GET INFORMED!
GET THE FACTS!**

**You can have it
and not know it**

**GET THE FULL PICTURE
GET THE RIGHT TESTS**