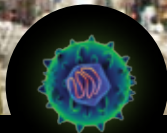




*You're not alone*



..... LIVING WITH .....

# HEPATITIS C

**HAVE HEPATITIS C?  
READ THIS BROCHURE!  
And learn more about it.**

**DON'T HAVE HEPATITIS C?  
READ THIS BROCHURE ANYWAY!  
It might help you avoid it.**

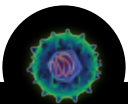
---

In collaboration with CACTUS Montréal  
Printed in Canada – HCV/1020A – August 2015

abbvie

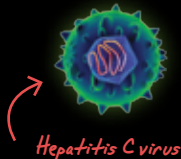


# HEPATITIS C



# WHAT IS IT?

It's a **LIVER DISEASE** caused by the hepatitis C virus.



*Hepatitis C virus*

Up to **6 in 7** people  
develop a long-lasting infection.



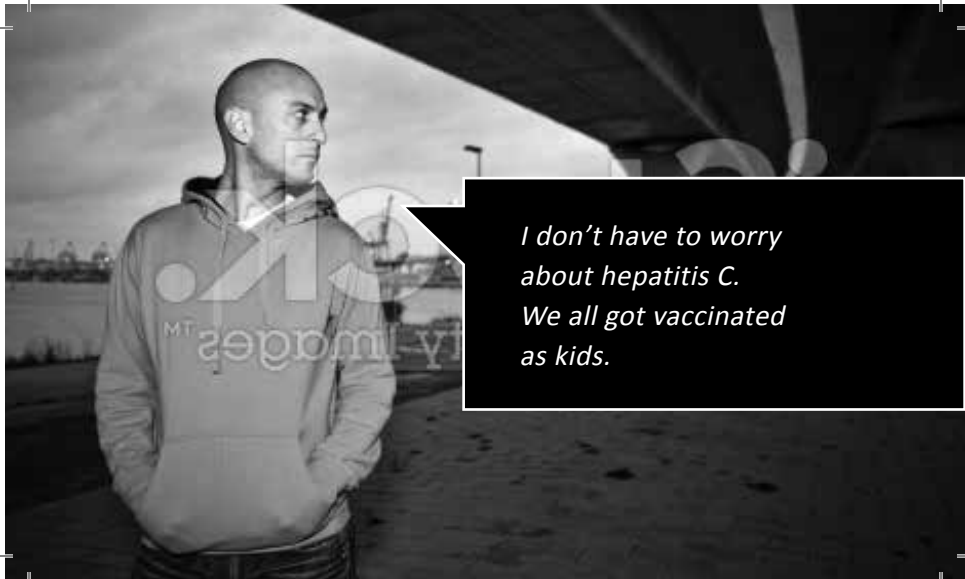


# HEPATITIS C

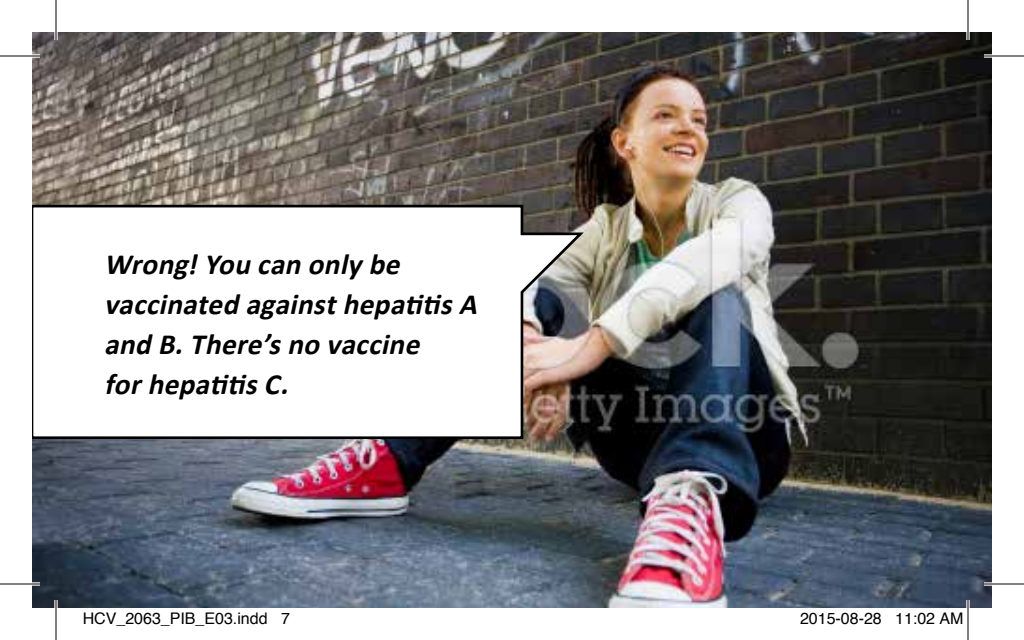
IT'S MORE COMMON THAN YOU THINK!

IN CANADA:

- **7 times** more people have **hepatitis C** than **HIV**.

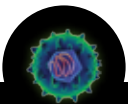


*I don't have to worry  
about hepatitis C.  
We all got vaccinated  
as kids.*



***Wrong! You can only be vaccinated against hepatitis A and B. There's no vaccine for hepatitis C.***

HEPATITIS C



DO I HAVE IT?

**THE ONLY WAY TO FIND OUT IS TO GET TESTED.**

**IT TAKES TWO TESTS:**

**1.** The first one is to see if you've **EVER HAD** hepatitis C in your system. This test screens for HCV antibodies.

**IF YOU HAVE HAD IT,**

**2.** The second test checks if you **STILL HAVE IT.**  
It's known as a viral RNA test.



## IF NOT, HOW DO YOU AVOID GETTING INFECTED?

You avoid getting infected by **AVOIDING RISKY ACTIVITIES.**

**Careful  You can get re-infected!**  
**Don't play with fire. Don't take any risks.**

**Up to 8 in 10 new cases** are caused by sharing contaminated injection equipment.

## HEPATITIS C: HOW DO YOU GET IT?

Only through **BLOOD-TO-BLOOD** contact.

Even if the blood is dry, it can stay contaminated for nearly a month.



**VERY  
RISKY**



Contaminated  
drug equipment  
(needles, pipes,  
straws, etc.)



Non-sterilized  
medical or  
tattooing  
equipment



**LESS  
RISKY**



Sharing  
personal care  
items (razors,  
toothbrushes, etc.)



Sex with an  
infected person

**NO  
RISK**

**EXCEPT FOR  
HEPATITIS A  
AND B**



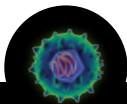
Casual, everyday  
contact (toilet  
seats, drinking  
glasses, etc.)



Hugging,  
kissing,  
touching,  
coughing

**If you're infected, avoid ANY RISK of giving the infection to others until you've been treated — for their sake!**

## THE LIVER



## WHAT DOES IT DO?

**The liver is a vital organ.** It's as important as your heart. It filters out all toxins and purifies your blood. It also stores energy. **When you have hepatitis C, your liver is sick.**



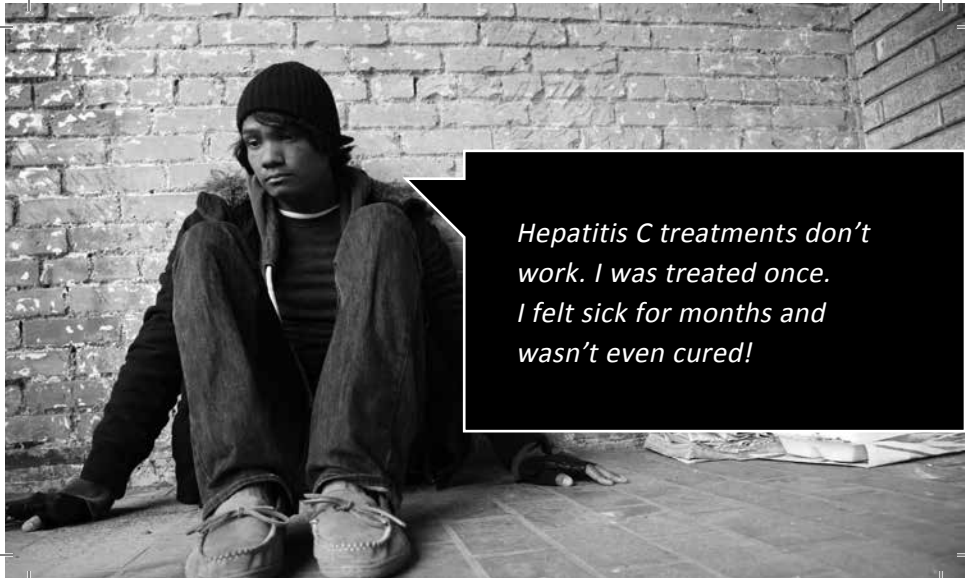
Scars build up in your liver, and this can turn into cirrhosis if you're NOT treated.



**CIRRHOSIS** means your liver has so many scars that it's almost useless. **YOU CAN DIE FROM CIRRHOSIS.**



You can also end up with liver cancer... **WHICH CAN KILL YOU.**



*Hepatitis C treatments don't work. I was treated once. I felt sick for months and wasn't even cured!*

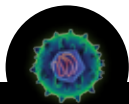


***No way!***

***Treatments are shorter  
now and easier to take.***

***Come on, let's go  
get you tested.***

HEPATITIS C



WHAT TO AVOID



**MARIJUANA**



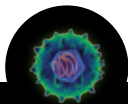
**CIGARETTES**



**ALCOHOL**



HEPATITIS C



WHO CAN HELP ME?

**CACTUS Montréal**

[www.cactusmontreal.org](http://www.cactusmontreal.org)

**514-847-0067 ext. 100**

---

**DRUGS: help and referral**

Toll-free everywhere in Quebec

[www.drogue-aidereference.qc.ca](http://www.drogue-aidereference.qc.ca)

**514-527-2626**

**1-800-265-2626**

## HEPATITIS C: WHO CAN HELP ME?

**Other IMPORTANT numbers:**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## HEPATITIS C: WHO CAN HELP ME?

**Other IMPORTANT numbers:**

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

# PRESCRIPTIONS, TESTS AND APPOINTMENTS

Last name:

First name:

Born:

DATE	PRESCRIPTIONS, TESTS AND APPOINTMENTS	SIGNATURE
<i>2015/06/03</i>	<i>Méthadone 5 cc</i>	<i>Denis St-Pierre</i>

DATE	PRESCRIPTIONS, TESTS AND APPOINTMENTS	SIGNATURE

# PRESCRIPTIONS, TESTS AND APPOINTMENTS

Last name:

First name:

Born:

DATE	PRESCRIPTIONS, TESTS AND APPOINTMENTS	SIGNATURE
<i>2015/06/03</i>	<i>Méthadone 5 cc</i>	<i>Denis St-Pierre</i>

DATE	PRESCRIPTIONS, TESTS AND APPOINTMENTS	SIGNATURE

