

Safe

Q1 How many people in Canada are living with hepatitis C?

A1

250,000. About 1 in 5 people with hep C don't know they have it.

A2

The liver. The liver is the largest organ in the human body. It weighs over 1 kg!

You can get a vaccine to prevent hep A or B. There's no vaccine to prevent hep C but treatment can help you get rid of it.

Q2

Hepatitis A, B and C all affect which organ?

Play

Q3

True or false: Getting a blood transfusion in Canada puts you at risk for hepatitis C.

A3

False

Since 1992, all blood products in Canada are checked for hep C. So the risk is extremely low. However, many countries don't screen for hep C. If you had a blood transfusion in Canada before 1992 or in another country, talk to your doctor about getting tested.

A4

I can...

- limit how much alcohol I drink
- limit how much salty and sugary food I eat
- avoid inhaling chemicals
- exercise
- talk to my doctor or pharmacist about medications and supplements I'm taking

Q4 What is one thing you can do for your liver health?

Ask

Q5

Getting a cool new tattoo—safe or not?

A5

Safer tattooing means using new, sterile equipment every time.

(For more info, go to www.hepcinfo.ca)

A6

A person who has hepatitis C and another infection (such as HIV or an STI) is co-infected. Having hepatitis C makes a person more vulnerable to other infections. It's important to test for and treat HIV, hepatitis and STIs.

Q6 What is hepatitis C co-infection?

Q8

True or false: When most people first get hepatitis C, they don't feel sick.

A8

True. Most people have no symptoms for many years after being infected.

This means that they can unknowingly spread hep C to others. The only way to know for sure if you have hep C is to get tested.

A7

If you use new needles and other equipment every time, no.

If you share needles and other equipment, yes. Equipment used for preparing and injecting drugs can have tiny amounts of blood on it and can transmit hep C as well as HIV.

Q7 Does injecting drugs put you at high risk for hepatitis C?



PAUKTUUITIT
INUIT WOMEN OF CANADA
ᐃᓄᐃᑦ ᐃᓄᐃᑦ ᐃᓄᐃᑦ



PAUKTUUITIT
INUIT WOMEN OF CANADA
ᐃᓄᐃᑦ ᐃᓄᐃᑦ ᐃᓄᐃᑦ

About Pauktuutit:

Pauktuutit is the national non-profit organization representing all Inuit women in Canada. Its mandate is to foster a greater awareness of the needs of Inuit women, and to encourage their participation in community, regional and national concerns in relation to health, social, cultural and economic development.

520 – 1 Nicholas Street
Ottawa, ON K1N 7B7
Tel: 613.238.3977
Fax: 613.238.1787

www.pauktuutit.ca



Canada's source for HIV and hepatitis C information

About CATIE:

We connect people living with HIV or hepatitis C, at-risk communities, healthcare providers and community organizations with the knowledge, resources and expertise to reduce transmission and improve quality of life.

www.catie.ca
www.hepCinfo.ca
1.800.263.1638

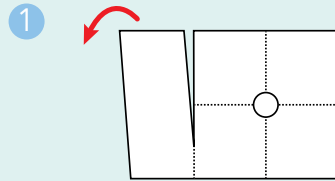
Stay Connected

www.facebook.com/CATIEInfo
 @CATIEInfo

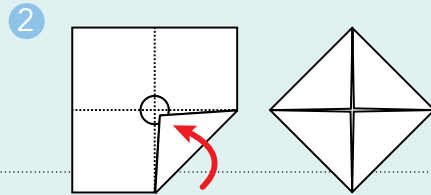
Contact CATIE
555 Richmond St. W., Suite 505
Toronto, Ontario, Canada
M5V 3B1
Phone: 416.203.7122
Toll-free: 1.800.263.1638
Fax: 416.203.8284

Play to know!

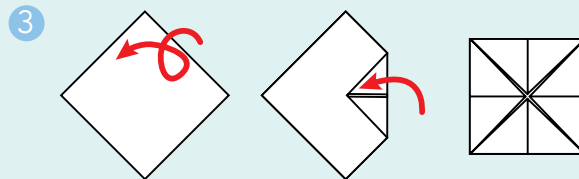
Follow these instructions to make your hepatitis C chatterbox:



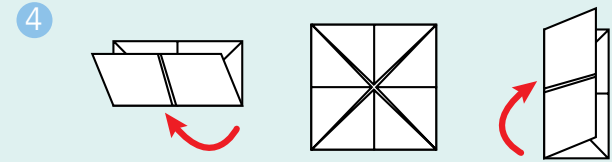
Tear away the bookmark.



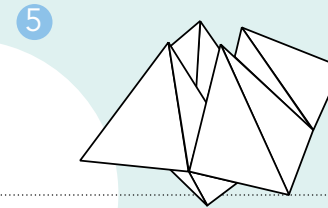
Fold each corner of the square into the centre, so that the corners of the square meet in the centre of the circle.



Turn the square over and fold each corner into the centre of the square, making an even smaller square.



Fold the square horizontally and then vertically to loosen it up.



Reach inside the open flaps to start to play!

Hepatitis C Chatterbox.
© 2011, CATIE (Canadian AIDS Treatment Information Exchange).
All rights reserved.
Based on an HIV 101 Playing Game, originally produced by St. Stephen's Community House.
Contact: www.catie.ca • 1.800.263.1638



Production of this document has been made possible through a financial contribution from the Public Health Agency of Canada and a partnership between CATIE and Pauktuutit.