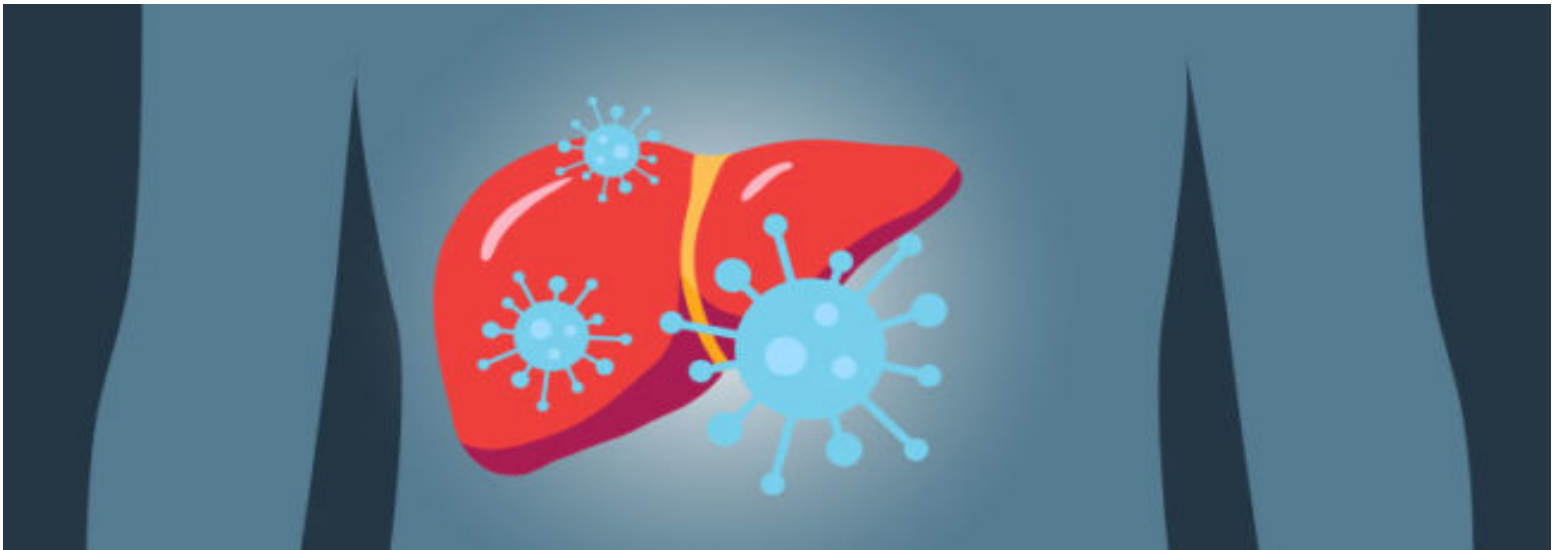


# FOCUS ON HEPATITIS C



## WHAT IS HEP C?

Hepatitis C (Hep C) is one of 5 Hepatitis viruses. You may have heard of other common ones, like Hep A and Hep B. The difference between the other hepatitis viruses and Hep C is how you can get them.

## HOW DO YOU GET HEP C?



Unprotected Sex



Personal Hygiene Items (toothbrush, nail clippers, razors)



Injection Drug Use



Unsterilized Equipment (for tattoos and piercings)



Drug Paraphernalia

Hep C is transmitted through blood. It can be spread through direct contact of blood but also indirectly, through touching dry blood left behind on items. Hep C can last up to 3 weeks outside the body.

## HOW DO YOU AVOID GETTING HEP C

- Wear a condom
- Don't share any drug paraphernalia
- Clean up all blood safely (with gloves & use bleach)
- Don't share any objects that pierce the skin

## WHAT DOES HEP C DO?

Hep C finds and infects liver cells. The immune system will then try to attack the Hep C virus (which is inside the liver). This causes liver inflammation. Chronic liver inflammation (liver inflammation that lasts a long time) can lead to serious liver issues, like the following:

LIVER CIRRHOSIS	LIVER CANCER	LIVER FAILURE
When the liver stiffens and eventually stops working. Someone with cirrhosis can live for 2 - 12 years	If the liver has cancer, it will stop working properly. Someone who has liver cancer lives for, on average, 3 years.	When the liver stops working. This requires immediate medical attention and often results in death.

## HEP C SYMPTOMS

- Yellowing of skin and eyes
- Tiredness/fatigue
- Nausea and vomiting
- Muscle and joint pain
- Lack of appetite
- Insomnia



## OTHER HEP C ISSUES

Hep C infection has been linked to Type 2 diabetes, kidney disease, internal bleeding, weight loss, weak skin, hair and nails, arthritis, heart disease and issues with mental health.

# HEPATITIS C TESTING

## Hep C

Hep C lives in the blood; so a type of blood test is required

## Pre-Test

Before you test, a nurse will run through some questions with you to make sure you have a good support system in the event of a positive result. This is pre-test counselling.

## Blood Draw

A vial of blood is taken from your arm and sent for testing

## Blood Draw

Test results back in 7 - 10 days

## Finger Poke

A quick poke to the finger is needed to squeeze out 1 - 5 drops of blood

## DBS Test

Test results back in 7 - 10 days.

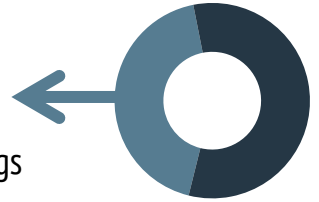
## Rapid Test

Test results back instantly but requires a confirmatory test

# QUICK FACTS

**43%**

Of people with Hep C have used injection drugs



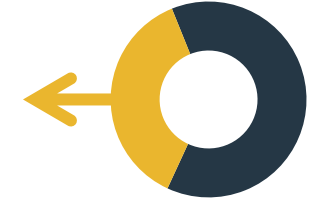
**75%**

Of people with Hep C were born between 1975 - 1945



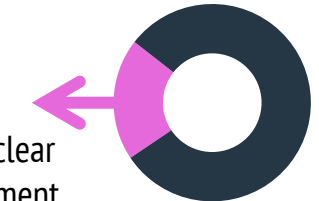
**63%**

Of people with Hep C are male



**20%**

Of people with Hep C clear the virus without treatment



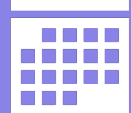
## TEST YOUR KNOWLEDGE OF...

# HEPATITIS C

TRY TO GUESS THE CORRECT ANSWERS TO THE FOLLOWING QUESTIONS:



What important organ is Hep C known to attack?



How many years can it take to start showing symptoms of Hep C?



Is there a vaccine to protect against Hep C?



How do you know if you have Hep C?



Which bodily fluid contains the most Hep C?



You need to be tested for Hep C if you are over what age?



Do all people infected with Hep C get sick?



How many weeks does it take to be cured of Hep C?

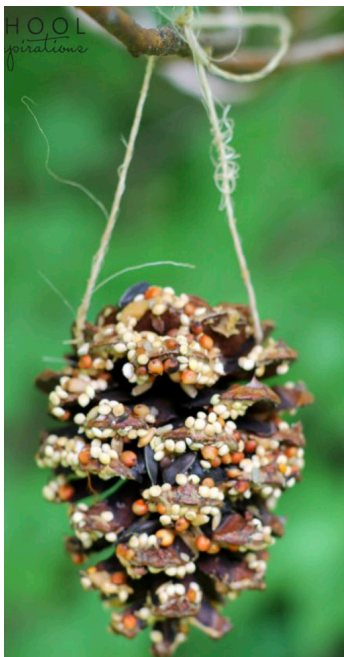
SEE THE NEXT PAGE FOR ANSWERS.

# NATURE BINGO

You know how to play BINGO- but in case you don't... put an X or some sort of mark on each square you complete. When you have a row of 5 X's in a row in any direction, you have a BINGO!

Collect three leaves of different colours	Lay on the grass and watch the clouds pass by	Go fishing	Jump in a puddle	Play tag outside
Play hide and seek outside	Make a pattern or picture on the ground using stones	Try counting the stars	Spot an animal with hooves	Build a structure (house or teepee) with sticks
Count the seconds between the thunder and lightning	Spot a butterfly and a bumblebee	 Free Space	Collect three rocks of different sizes	Talk to a friend while staying 6 feet away
Skip a stone in a lake or river	Go for a walk off the road	Roll down a hill	Read a book outside	Spot an animal with paws
Make a bird feeder	Go berry picking	Find four flowers of different colours	Have a picnic outside	Take a picture with the tallest tree you can find

## EASY BIRDFEEDER



### What you'll need:









A pinecone, some string, peanut butter & birdseed

### Directions:

1. Spread peanut butter on to the pinecone (make sure to get it in the cracks)
2. Sprinkle the birdseed on to the peanut butter so that it sticks
3. Loop the string into the bottom layers of the pinecone & tie at the top.
4. Hang outside

TEST YOUR KNOWLEDGE OF...

## HEPATITIS C - ANSWERS

	<b>The Liver.</b> Hep C mainly affects the liver.		<b>30 years.</b> It can take up to 30 years to start showing signs of liver damage or cancer due to Hep C.
	<b>No.</b> There are vaccines for Hep A and Hep B, but not Hep C.		<b>Get tested!</b> Blood tests are the only way to know you have Hep C.
	<b>Blood.</b> Blood is the only body fluid that has enough virus to pass it on.		<b>55.</b> If you are 55 and older (part of the baby boomer generation) you should test for Hep C.
	<b>No.</b> 15 – 20% of people with Hep C clear it on their own.		<b>8 – 12 weeks</b> New Hep C treatments are faster, more effective and has less side effects than older treatments.

# DRAW ON MY BACK CHALLENGE!



## WHAT IS IT?

A challenge that involves trying to copy what your friend is drawing on the paper on your back by feeling it.

## WHAT YOU'LL NEED

A few pieces of paper, as many markers as you have people and some tape.

## HOW TO PLAY

### Step 1:

Find a partner to do the challenge with

### Step 2:

Tape one sheet of paper to the wall and have one person stand in front of it

### Step 3:

Tape a piece of paper to the back of the person standing in front of the wall

### Step 4:

The person without the paper taped to their back begins drawing on the back of the person at the wall. The person at the wall then tries to copy what the first person is drawing on to the paper on the wall.

### Step 5:

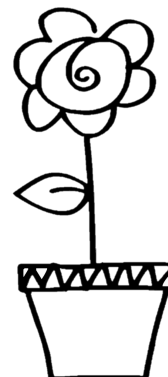
Compare your drawings! See how close you can get to drawing the same picture.



## Fun Tip!

Make a longer chain! You can play this game with more than 2 people. Just tape paper to the back of everyone except the back person (who begins drawing first).

## DRAWING IDEAS



Other ideas include your favourite animal, your favourite food, or something that starts with the same letter as your first name.