

## GET YOURSELF TESTED

- Hepatitis C is easy to detect with a simple blood test or with an HCV quick test carried out by a nurse.
- The quick test (OraQuick HCV) involves taking a mouth swap, and tells the nurse in about 20 minutes if you've got the virus.
- If you are scheduled to take a quick test, it is important that you:
  - Do not eat or drink anything 15 minutes before the test
  - Do not chew gum 15 minutes before the test
  - Do not brush your teeth or use mouthwash 30 minutes before the test.

# Hepatitis

# C

**Testing is the first step  
to access health care  
and support.**

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## What is hepatitis C and what are the risks of infection?

The word "hepatitis" literally means "inflammation of the liver". You can get hepatitis C if the blood of someone already infected with the virus enters your bloodstream. The virus is common among people who inject drugs, and it can lead to scarring of the liver (fibrosis or cirrhosis) or liver cancer.

## How Do You Get Hepatitis C?

- From sharing needles, filters or contaminated drinking water, all of which can transmit the virus.
- From sharing toothbrushes, razor blades or nail clippers, which may carry invisible particles of blood.
- From sharing snorting equipment or pipes, if you use drugs, as small bleed in the lining of the nose can put you at risk.
- From blood transfusions carried out before 1991, as blood donations were not routinely screened for the virus before then.
- From getting tattoos at unlicensed premises.

## What Are The Symphoms?

The symphoms can remain unnoticable for up to twenty years. If you suffer from fatigue, nausea, vomiting, weight loss, or feel gerenarly unwell, you may have hepatitis C.



## Should you be tested for Hepatitis B and C?

	Yes	No
Are you a healthcare worker experienced occupational needle-stick injury?	<input type="checkbox"/>	<input type="checkbox"/>
Have you born or have lived in a country of high prevalence, predominantly, Asia, Eastern Europe, Africa and the Caribbean?	<input type="checkbox"/>	<input type="checkbox"/>
Are you a child of a women known to be infected by Hepatitis B or Hepatitis C?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever injected drugs?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever been diagnosed with HIV or Hepatitis B or Hepatitis C*?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had unsterile medical treatment abroad, or treatment in countries where infection control procedures are sub-standard?	<input type="checkbox"/>	<input type="checkbox"/>
Have any of your sexual partners or close contacts diagnosed with Hepatitis B or Hepatitis C?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had body piercing or tattoos in unlicensed premises, in prison or home?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever elevated Liver Function Tests (LFTs)?	<input type="checkbox"/>	<input type="checkbox"/>
Are you a man having sex with men?	<input type="checkbox"/>	<input type="checkbox"/>
Are you a pregnant woman with above-mentioned risk factors present?	<input type="checkbox"/>	<input type="checkbox"/>
Are you a prisoner with above-mentioned risk factors present?	<input type="checkbox"/>	<input type="checkbox"/>

**If you check yes at least in one of these boxes, you should be offered Hepatitis B and C testing.**