



## HOW CAN I STAY HEALTHY?

- get enough rest
- eat a nutritious diet
- avoid alcohol
- stop smoking
- stay active
- keep weight in healthy range
- manage stress
- see your doctor regularly
- take care with over-the-counter medications
- get vaccinated for hepatitis A & B

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Genentech: 888-941-3331

Merck: 866-939-4372

Vertex 855-846-2484

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<http://www.aasld.org/yourliver/Pages/PhysicianReferralService.aspx>

7 Ybhfg'Z'f'8 ]gYUgY7 cblfc`UbX'DfYj Ybhcb

<http://www.cdc.gov/hepatitis/>

7 Ybhfk UHW '7 ]b]WU' Hf]Ug

<http://www.centerwatch.com/clinical-trials/listings/>

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<http://findahealthcenter.hrsa.gov/>

..

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<http://www.hepcassoc.org>

**Hepatitis C**  
**Association**  
Education ~ Organ Donation ~ Awareness ~ Support



Information You Need

**Hepatitis C**  
**Association**  
Education ~ Organ Donation ~ Awareness ~ Support

Facing  
Hepatitis C

1351 Cooper Road  
Scotch Plains, NJ 07076

Toll Free Support: 866-437-4377

Fax: 908-561-4575

Website: [www.hepcassoc.org](http://www.hepcassoc.org)

## ASK YOURSELF THIS QUESTION

Has there ever been a time when someone's blood could get into your bloodstream? If the answer is yes, know your status.

## GET TESTED!

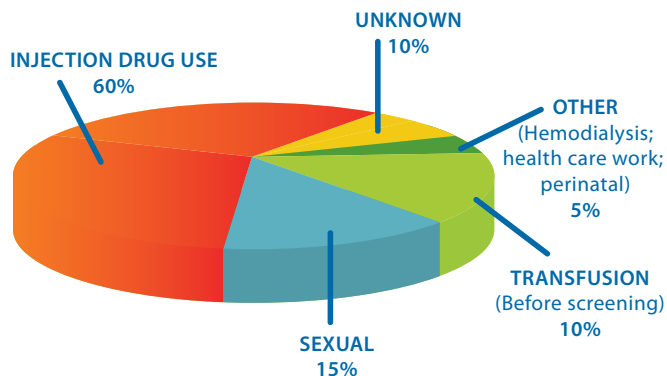
TRANSMISSION MUST BE BLOOD TO BLOOD

## HEPATITIS C IS...

- a virus
- spread by blood-to-blood contact
- main reason for adult liver transplantation
- responsible for 8,000 - 10,000 deaths per year
- affecting 5 million Americans
- expected to cost government and commercial payers \$85 billion by 2024

### Risk Factors...

- injection drug use
- blood transfusion before July 1992
- hemodialysis
- needlestick in healthcare workers
- multiple sexual partners
- infants born to infected mothers
- sharing personal hygiene tools



### You Won't Get Hepatitis C from...

- hugging
- kissing
- sharing food and drink
- holding hands
- public toilets
- mosquito bites

### FAQ's...

#### What kind of doctors treat hepatitis C?

- hepatologists
- gastroenterologists
- infectious disease doctors

#### Is There a Vaccine?

- there is no vaccine for hepatitis C
- there is a vaccine for hepatitis A & B
- if you are hepatitis C positive, ask your doctor for a hepatitis A & B vaccine

#### How Can I Protect Others?

- cover open wounds
- clean blood spills with 10:1 water/bleach solution practice safer sex
- do not share razors, toothbrushes, manicure tools

#### Is There Treatment?

- yes, interferon & ribavirin + a protease inhibitor
- new drugs in trials

