

How can I find out if I have hepatitis C?

You can get tested for hepatitis C through your doctor or at a health clinic.

At our storefront, as part of our study, we offer free testing for:

- HIV (Human Immunodeficiency Virus)
- HCV (Hepatitis C Virus)
- TB (Tuberculosis)

Is there treatment for hepatitis C?

If you have hepatitis C, there are things you can do to keep your liver healthy.

- Get vaccinated against hepatitis A and B
- Get your liver tested to see if there is any damage
- Get drug treatment

People with hepatitis C have treatment options. There are tests to check liver function and to see if the virus has damaged the liver.

If you have hepatitis C, talk to your doctor as well as friends and family. Look for other people with hepatitis C for support groups.



*Protect yourself from hepatitis C.
Share this information and help
stop the spread of hepatitis C!*

Hepatitis C Testing Locations

San Diego County Health Services
3851 Rosecrans St, San Diego
619-296-2120

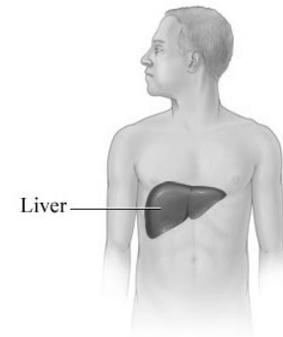
Public Health Center - Central Region
5202 University Ave, San Diego
619-229-5400

Family Health Centers of San Diego
North Park Logan Heights
3544 30th St 1809 National Ave
619-515-2424 619-515-2300

Call ahead for testing hours

UC San Diego
SCHOOL OF MEDICINE

University Of California San Diego,
School of Medicine,
Division of Global Public Health
3500 Fifth Ave, Suite 302
San Diego , Ca. 92103
1800-50-STAHR
619-767-9600



HEPATITIS C

What You Should Know



What is Hepatitis?

“Hepatitis” means inflammation of the liver. Heavy alcohol and drug use, certain medications, toxins, and certain diseases can cause hepatitis. Hepatitis is caused by one of several viruses, such as hepatitis A, B, C, D, or E virus. The most common are the A, B, and C viruses.

What is hepatitis C?

Hepatitis C is a type of virus that can cause liver disease.

Signs & Symptoms of hepatitis C

- Fatigue, tiredness and/or weakness
- Fever
- Headaches
- Nausea
- Loss of appetite
- Weight loss
- Stiff or aching joints
- Dark urine and light stool
- Jaundice (the whites of the eyes and skin turns yellowish)

Most people don't feel sick when get hepatitis C, so they can have it without knowing it. Some people get symptoms, but usually no symptoms appear until the liver is damaged. About 20% of infected people will clear hepatitis C from their body, but 80% will have a long-term infection. Some infected people die from liver failure, liver cancer, cirrhosis, or liver disease. People can be infected with hepatitis C more than once.

[Harm Reduction Coalition]

How is hepatitis C spread?

Hepatitis C is spread when blood from an infected person with hepatitis C enters the body of someone who is not infected.

Hepatitis C is spread through:

- Sharing needles and other drug paraphernalia (like cookers, cotton, water)
- Unprotected sex
- Piercing or tattooing using dirty needles
- Sharing things that may contain blood, (snorting straws, toothbrushes, razors)
- Mother-to-child during birth, if the mother has hepatitis C

How can I prevent hepatitis C?

- Always use new needles from needle exchange programs or other safe places
- Don't share any drug paraphernalia
- Always use condoms
- Don't share toothbrushes, razors, or anything that may have blood on it
- Do not get tattoos or piercings from places that don't have licenses



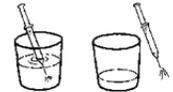
If you don't have clean needles, try to find a needle exchange program in your area.

Syringe Exchange Programs in San Diego:

Downtown San Diego—Thursday evenings
North Park—Friday afternoons
(For more info, call Family Health Centers of San Diego at 619-515-2449)

Cleaning Your own Needles

As a last resort, if you use a needle that someone else used, here's how you can clean your works with bleach and water:



1. Clean with water.

Fill syringe with water to the top and empty it. Repeat 3 times. Shake (to rinse) and tap (to get out air bubbles and loosen blood).



2. Clean with bleach.

Fill syringe with bleach. Wait 30 seconds and empty it. Repeat 3 times.



3. Clean with water.

Fill syringe with water to the top and empty it. Repeat 3 times, to rinse out the bleach.