

What TO DO NOW?

Upon testing positive, seek medical treatment for further testing. Follow these guidelines:

- Eat a well-balanced diet
- Do not drink alcohol
- Avoid/limit the use of acetaminophen (Tylenol™)
- Do not eat oysters or shellfish
- Prevent transmission to others
- Obtain Hepatitis A and B vaccines.

How SERIOUS IS IT?

Hepatitis C is more serious for some than others. It depends on how your immune system reacts to the virus. It's important to ask questions of your physician and to follow through on all recommended treatments.

What SYMPTOMS MIGHT I EXPERIENCE?

Not everyone with hepatitis C will have symptoms. If you do, they may include:

- Extreme tiredness
- Stomach pain and swelling
- nausea and vomiting

Scared?

You Are Not Alone.

**More than 4 million
Americans are living
with Hepatitis C**

**For more information on
Hepatitis C:**

Call the Hepatitis C hotline

1-888-4HEPCDC
(1-888-443-7332)

The Hepatitis C Support Project
www.hsvadvocat.org

The American Liver Foundation
1-800-223-0179
www.liverfoundation.org

Brochure prepared by:



YOU'VE TESTED POSITIVE FOR HEPATITIS C

HEP C

NOW WHAT?

A quick guide to Hepatitis C
and where to get more information
from the
Mansfield/Ontario/Richland County
Health Department

Testing POSITIVE

Testing positive for hepatitis C antibodies may be scary, but if you have information you can improve your health and well-being.

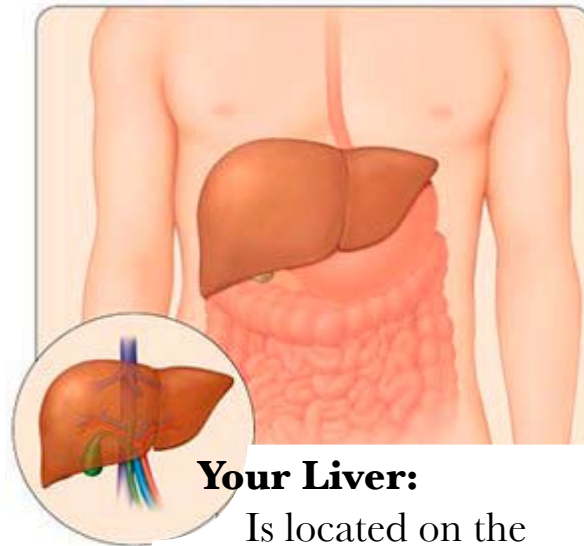
Testing positive for the antibodies tells you that you have been infected with the hepatitis C virus (HCV). From 55% to 85% of people with positive results still have the virus in their bodies after six months. These patients who cannot get rid of the virus will go on and develop a long term, or chronic, HCV infection. People with chronic HCV will have the disease all of their lives unless they are successfully treated with antiviral medicines.

About 1 in 4 people will have antibodies, but not the virus. In these people, their immune system was able to clear the virus from their body.

If you have tested positive, you need to contact a physician to have further testing completed to determine your status.

What IS HEPATITIS C?

Hepatitis C is a liver disease that is caused by the hepatitis C virus. Hepatitis C is found in the blood of persons who have the disease.



Your Liver:

Is located on the upper right side of the abdomen. Your liver is responsible for around 500 different functions for the body. Your liver processes almost everything you eat, breathe or absorb through the skin.

How IS HVC SPREAD?

Hepatitis is spread through direct contact with blood that is infected with the hepatitis C virus. Some possible contact routes are:

- Needles and drug works
- Having had unprotected sex with multiple partners or having had an STD (sexually transmitted disease)
- Having received tattoos or body piercings with unsterile needles
- Being a health care, emergency medical or public health safety worker exposed to needle sticks or other sources of HCV positive blood
- Ever received a blood transfusion or organ transplant before 1992, or a clotting factor made before 1987
- Received long-term hemodialysis
- Born to a HCV-infected mother
- Have had household exposure through the sharing of razors, toothbrushes or other personal items with an HCV person.

Note: *You cannot spread HVC through hugging, kissing, coughing, sharing eating and drinking utensils or sharing a bathroom.*