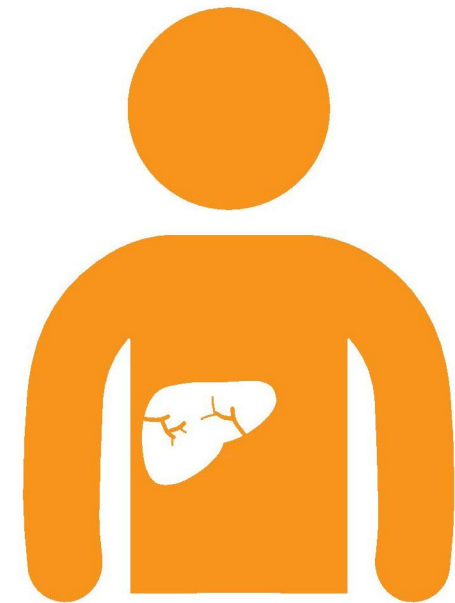




HEPATITIS C INFORMATION FOR IMMIGRANTS AND NEWCOMERS



HEPATITIS C IS A VIRUS THAT INJURES THE LIVER.

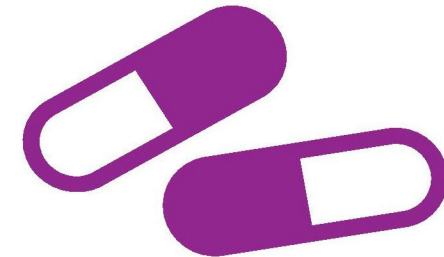
Hepatitis C is a virus that harms the liver. The liver is an organ that does many important jobs, such as helping to digest food, breaking down toxins (poisons) and drugs, fighting infections, and more. The liver is an essential organ and you cannot live without it.

YOU CAN HAVE HEPATITIS C AND NOT KNOW IT.

Many people can live with hepatitis C for 20 to 30 years or more without feeling sick or experiencing any symptoms, even though the virus is still injuring the liver. Over time, liver injury gets worse, making it hard for this vital organ to function.

TREATMENT CAN CURE HEPATITIS C.

Most people need treatment to cure hepatitis C. Hepatitis C treatments are simple to take and cure more than 95% of people with the virus. They come in pill form, have few side effects and are usually taken for eight or 12 weeks. Most people don't pay out of pocket for their hepatitis C treatment. The cost is usually covered through public or private health insurance and drug company programs.



CURE DOES NOT PROTECT AGAINST RE-INFECTION.

People do not develop immunity to hepatitis C after being cured of the virus, so it is possible to get re-infected. Taking steps to avoid getting exposed to the hepatitis C virus again will help you continue to live well once you have been cured of the virus.

TESTING IS THE ONLY WAY TO KNOW IF YOU HAVE HEPATITIS C.

Nearly half of all people with hepatitis C in Canada are unaware of their infection. Talk to your service provider about getting tested for hepatitis C.

It usually takes **two** blood tests to tell whether you have hepatitis C.

The **hepatitis C antibody test** checks whether you have ever come in contact with the virus.

The **confirmatory test** checks whether the virus is currently in your body. If this test is positive, you have hepatitis C.

Testing is getting simpler all the time.

HEPATITIS C IS PASSED BLOOD TO BLOOD.

Know how to protect yourself and others.

Know how to identify different hepatitis C transmission risk factors.

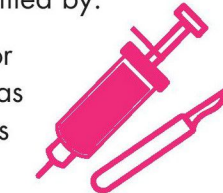


Hepatitis C does not spread through casual contact or by hugging, kissing or touching a person living with the virus. Nor does it spread if new or properly sterilized equipment is used during medical and dental procedures or drug use.

Hepatitis C can be passed when the blood of a person with the virus gets into another person's blood. It can be passed even when the amount of blood is too small to see. Hepatitis C is a strong virus—it can live outside of the body for many weeks. This means that it can be spread through dried blood.

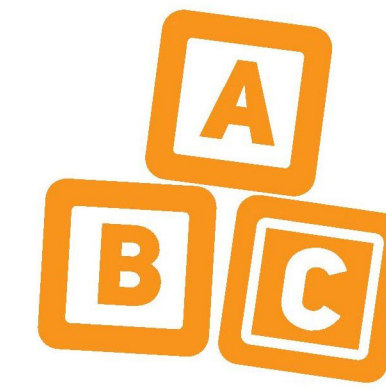
Hepatitis C can be transmitted by:

- Re-using medical, dental or surgical equipment that was not sterilized properly. This is very rare in Canada.
- Getting a blood transfusion or organ transplant that was not screened for hepatitis C. If you have received blood, blood products or an organ transplant in Canada before 1992, or in another country at any time and are not sure about the screening practices there, speak to your healthcare provider about getting tested for hepatitis C.
- Sharing equipment used for preparing and injecting drugs including needles, syringes, filters, water and cookers.
- Re-using tools for electrolysis, acupuncture, piercing and tattooing that have not been properly sterilized (including needles, ink and ink pots).



Other ways hepatitis C can get inside the body:

- Sharing or borrowing personal care items that might have blood on them, such as razors, nail clippers and toothbrushes. This includes shaving at community barber shops when razors are re-used.
- Some practices used by traditional healers that involve cutting or piercing the skin, such as wet cupping or acupuncture.
- Sexual transmission of hepatitis C is rare. The risk increases when certain factors are present, such as HIV and STIs. Certain types of sex can also increase risk, such as condomless anal sex, sex where blood is present and chemsex (using specific drugs to enhance and prolong sex).
- Hepatitis C can be passed to a child during pregnancy or childbirth. The risk is generally low in Canada, but it may be higher in countries where healthcare practices are different. Hepatitis C does not spread through breastfeeding. However, if nipples are cracked or bleeding, breastfeeding should be stopped until they are healed.



HEPATITIS C IS DIFFERENT FROM HEPATITIS A AND B.

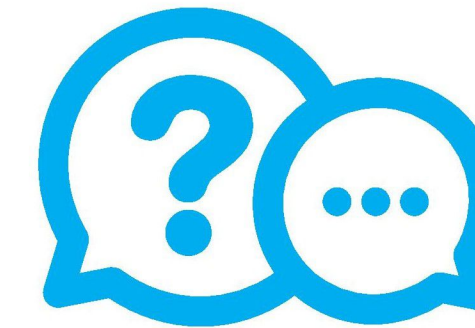
Hepatitis A is transmitted when people unknowingly ingest fecal matter, usually through contaminated water or food. Nearly all people clear hepatitis A without taking medication, and the body becomes immune to the virus.

Hepatitis B can be spread when the blood, semen or vaginal fluid of a person who has the virus enters the body of another person who does not have the virus. The virus can also be passed to a baby during childbirth. Most people who get hepatitis B as adults clear the virus on their own and their body becomes immune to the virus. The chance of developing chronic hepatitis B becomes greater if a person is exposed to the virus at a young age. Those who do develop a chronic infection can go on to have long-term liver problems. Treatment can help slow down and manage the virus, but there is no cure for a chronic infection.

There are vaccines that protect against hepatitis A and B. Speak to your healthcare provider about getting vaccinated.

There is no vaccine for hepatitis C, but there is a cure.

SPEAK TO SOMEONE ABOUT HEPATITIS C: SEXUAL HEALTH INFOLINE ONTARIO.



In Ontario, this province-wide information line about hepatitis, HIV and sexual health offers services in Hindi, Punjabi, Urdu, Tagalog, Mandarin, Cantonese and many other languages. When you call, you may be given a specific time to talk to a counsellor in your preferred language. They can also refer you to a clinic in Ontario to get tested.

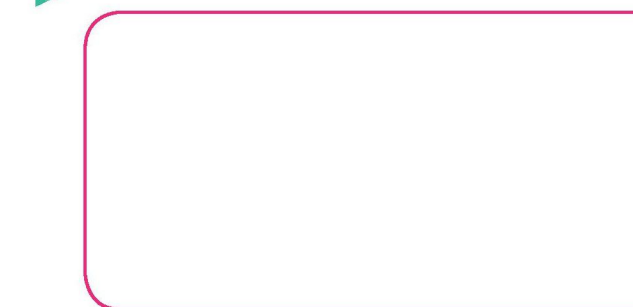
Call toll-free in Ontario:

1-800-668-2437



Monday to Friday:
10 am – 10:30 pm
Saturday and Sunday:
11 am – 3 pm

**Outside of Ontario,
contact your healthcare
provider.**



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(Aussi disponible en français : ATI-70189)

Information in this brochure is not medical advice. Decisions about treatment should always be made with the advice of a doctor who knows about Hepatitis C. Treatment changes, so talk to a doctor to get the latest information.

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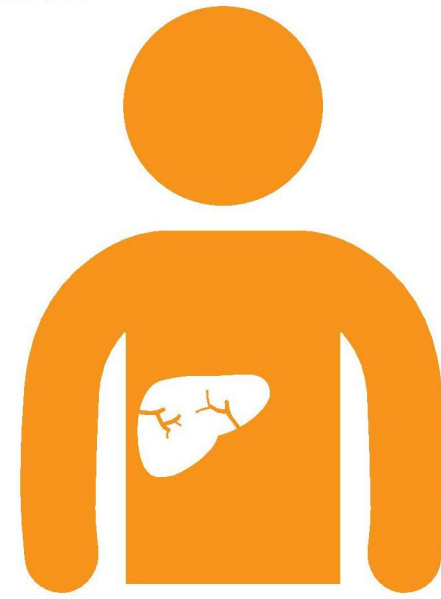


给新老移民的丙型肝炎信息

CATIE

丙型肝炎病毒会损伤肝脏。

丙型肝炎病毒是一种伤害肝脏的病毒。肝脏是一个可以完成许多重要工作的器官,例如帮助消化食物、分解毒素(毒物)和药物、对抗感染等等。肝脏是一个必需的器官,没有肝脏人就无法存活。

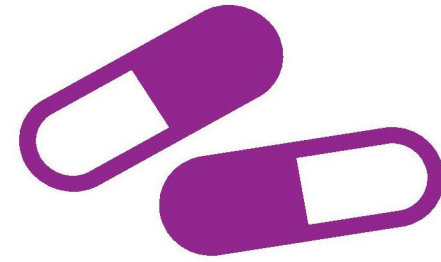


你可能患有丙型肝炎却不知道。

虽然丙肝病毒一直损伤着肝脏,但是是一些丙肝患者在患有丙肝的20年到30年或以上的期间里从未出现任何症状,随着时间的推移,肝脏损伤变得严重,使得这个重要器官难以发挥作用。

丙型肝炎是可以完全被治愈的。

大多数人需要治疗来治愈丙型肝炎。丙型肝炎的治疗很容易进行,可以治愈超过95%的患者。它们以药片形式存在,副作用很少,通常服用8或12周。大多数人不需要为治疗丙型肝炎自掏腰包,通常通过公共或私人医疗保险和药物公司计划来支付费用。



治愈不能防止再次感染。

丙肝即使得到治愈也不产生免疫,所以有可能再次感染。在治愈后采取保护措施可以帮助你保持健康。

测试是了解自己是否患有丙型肝炎的唯一途径。

在加拿大,大约一半的丙型肝炎患者不知道自己感染了丙型肝炎。您可以和您的医务人员沟通有关丙型肝炎检测的信息。

通常需要两次血液检测来判断是否患有丙型肝炎



丙型肝炎抗体检测是检查您是否曾经接触过丙型肝炎病毒

确证测试是检查病毒目前是否在您体内。如果这个测试是阳性结果,您就患有丙型肝炎。

丙型肝炎的检测越来越简单。



丙型肝炎是通过血液与血液的接触传播。

知道如何保护自己和他人的。

知道如何识别各种丙型肝炎的传播风险。

日常接触不会传染丙肝,例如拥抱、亲吻或触摸丙肝病人都是安全的。确保在医疗牙科或毒品注射时使用新的或妥善消毒过的器具,就不会引起丙肝的传播。

丙型肝炎通过带有病毒的人的血液进入另一个人的血液来传播。即使血量很小而无法看到,它也可以传播。丙型肝炎病毒是一种强大的病毒——它可以在体外存活数个星期。这意味着它可以通过干的血液传播。

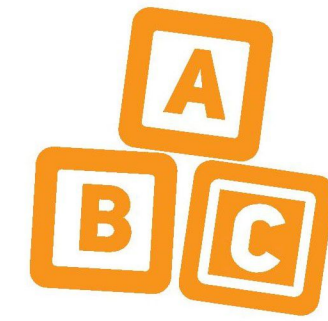
丙型肝炎可通过以下方式传播:

- 重复使用未经适当消毒的医疗、牙科或手术器械。这在加拿大非常罕见。
- 接受未经丙型肝炎筛查的输血或器官移植。如果您在1992年之前在加拿大或在其他国家任何时间里接受过血液、血液制品或器官移植,并且不确定那里的筛查情况,您可以咨询您的医务人员进行丙型肝炎测试。
- 共用制备和注射毒品的器具,包括针头、注射器、过滤器、洗涤剂、水和炊具。
- 重复使用未经适当消毒的电解脱毛、针灸、身体穿环和纹身器具(包括针头、墨水和墨水瓶)。



丙型肝炎病毒侵入体内的其他途径:

- 共用或借用可能含有血液的个人护理用品,如剃须刀、指甲钳和牙刷。这包括在重复使用剃须刀的社区理发店里剃须。
- 传统治疗师使用的一些包括切割或刺穿皮肤的做法,如拔血罐或针灸。
- 丙型肝炎的性传播很罕见。一些因素可以增加风险,例如艾滋病和性传播疾病。某些类型的性行为也会增加风险,例如无安全套的肛交性行为、伴随有出血的性行为和催情剂(可以增强和延长性行为的药物)。
- 丙型肝炎可以在怀孕或分娩期间传播给孩子。这个风险在加拿大一般很低,但在医疗保健实践不同的国家这个风险可能会高一点。丙型肝炎不会通过母乳喂养传播。然而如果乳头破裂或出血,应停止母乳喂养直至它们愈合。



丙型肝炎不同于甲型肝炎和乙型肝炎。

甲型肝炎通常是人们摄入被粪便污染的水或食物而导致的传播。几乎所有的甲型肝炎患者无需服药可自行清除甲型肝炎病毒,并且身体产生对甲型肝炎病毒的免疫。

乙型肝炎通过与受感染者的血液、精液或阴道分泌物进入没有病毒的另一个人的身体来传播。乙型肝炎病毒也可以在分娩时传播给婴儿。大多数在成年期感染乙型肝炎病毒的人可以自行清除病毒,并产生免疫。如果一个人在年幼时暴露于乙型肝炎病毒,那么发展为慢性乙型肝炎的机会就会增大。那些发展为慢性感染的人群会有长期的肝脏问题。治疗可以减缓和控制病毒,但是没有治愈慢性感染的方法。

有疫苗可以预防甲型肝炎和乙型肝炎。请与您的医疗保健提供者联系疫苗接种事宜。

丙型肝炎没有疫苗,但是有治愈方法。



和其他人谈谈丙型肝炎:安大略省性健康信息热线。

在安大略省,这个全省范围的信息热线提供肝炎、艾滋病和性健康的多语种咨询服务,包括印地语、旁遮普语、乌尔都语、菲律宾语、普通话、广东话等其他语言。您致电时,该服务会为您安排您首选语言的咨询时间。他们还可以转介您到安大略省的相关诊所做化验检查。

安大略省免费信息热线:

1-800-668-2437



周一至周五:
10 am - 10:30 pm
周六和周日:
11 am - 3 pm

如果您在安大略省以外的地方,请联系您的医务人员。



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本册子由安省健康和长期护理厅资助,但是这里的观点并不代表资助方。