

Treatment

Today there is treatment for Hepatitis C and you can be cured. If you think that you are at risk, go to your doctor or to the GU clinic, and ask to be tested.



Living with Hepatitis C

It is important to take care of your health:

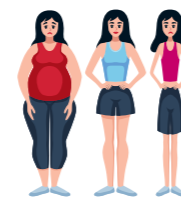
1. Smoking and alcohol make the disease worse. Do not smoke and do not drink too much alcohol;



2. Avoid food with a high content of fat;



3. Keep a healthy weight: do not become underweight or overweight;



4. Stay safe by:

a. Not sharing needles, syringes, straws, or other equipment used for drug taking;



b. Using a condom during sexual activity



c. Not getting involved in physical fights, so as not to expose yourself to blood;



Ask for Advice from:

- Your GP (Family Doctor).
- Genitourinary (GU) clinic on 25457494/1.
- Health Promotion and Disease Prevention Directorate on 23266000.
- Detox helpline 22261800.



Visit our Website: www.sexualhealth.gov.mt



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 **Health Promotion & Disease
Prevention Directorate**
Tel: 2326 6000, www.healthpromotion.gov.mt

SEXUALHEALTH
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Hepatitis C



Hepatitis is a disease which affects the liver. There are different types of hepatitis and some can cause severe damage to the liver.

This leaflet is about Hepatitis C.



Hepatitis C is an infection caused by a virus which can severely damage the liver.



It is transmitted by:

1. sharing equipment used for taking drugs with a person who has Hepatitis C. This includes:

a) needles and syringes,



b) spoons, water,



c) equipment used for snorting drugs.



2. Sharing equipment used for tattooing, body piercing (eg. earrings) and acupuncture. If you wish to have a tattoo, body piercing or need acupuncture, go to a licensed outlet/clinic.



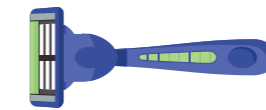
3. During sexual intercourse with a Hepatitis C positive person, as the virus is present in males' and women's fluid;



4. Sharing a toothbrush with a Hepatitis positive person;



5. Sharing a razor with a Hepatitis positive person;

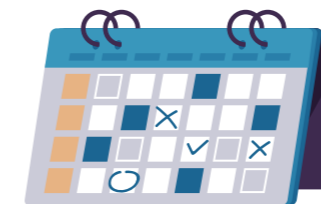


Symptoms

1. Most people, do not have symptoms and thus they do not know that they have been infected, however they can still transmit the infection;



2. Symptoms generally show up months and even years later. By this time, the damage to the liver could be severe. This is known as cirrhosis.



3. Symptoms include:

a. Feeling sick



b. Throwing up



c. Headaches



d. Muscle and joint pain



e. High temperature



f. Yellowing of the eyes and skin: jaundice (This is not always present)

