

# KNOW HEP C

- **Hepatitis C** can lead to **liver disease** and cancer.
- Hep C is spread through **blood**.
- You can get Hep C by **sharing drug use equipment** (injecting, smoking, or snorting) or having **unprotected sex**.
- Syringe exchange and **harm reduction** can protect you from Hep C.
- **Get tested** to know if you have Hep C: antibody test first, then confirmatory test.

# CURE HEP C

- **Hep C can be cured.**

Treatment is now shorter and more effective than before. Side effects are less severe.

- **You can get re-infected** with Hep C.

Protect yourself from blood exposure.

- **Avoid alcohol** if you have Hep C. Alcohol speeds up liver damage.

For Hep C testing & treatment:

- Text **LIVER** to **877877**
- Scan and download “Liver Health” app

