



**Be Proud.**

**Be Hep Free.**

Hepatitis B (Hep B) and Hepatitis C (Hep C) are viral infections that can lead to liver disease and cancer.

Protect yourself, protect others.

1. Get the **Hep B vaccine**.
2. Get tested for **Hep B** and **Hep C**.
3. **Use condoms**.  
Hep B spreads through semen and vaginal fluids.  
Hep B and C can also spread through blood.
4. Avoid sharing **any injection equipment or solutions** if you inject drugs, steroids or silicone.

Visit [www.HepFree.nyc](http://www.HepFree.nyc) for more info.