

HOW DO YOU AVOID IT?

- **Use all your own stuff.** Make sure everyone has their own fits and other gear. NEVER share anything used for injecting even if you can't see any blood on it.
- Only use **professional body artists.** Cheap tats are not worth the risk– you might get more than you bargained for.
- Always have your **OWN** toothbrush and razor stashed safely and clearly marked.

HOW DO YOU LIVE WITH IT?

- **ALWAYS** use clean fits, don't ever share ... and be aware of blood.
- Eat **fruit & veges**, avoid fatty & sugary food.
- **Reduce alcohol** as much as possible.

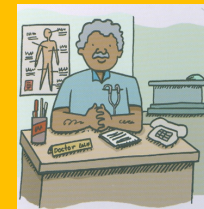
SO..... WHAT CAN YOU DO ABOUT IT?

Treatment is available for hep C, but first you need to be tested and find out if you have it.

WHERE CAN I GET INVOLVED?



WHERE CAN I GET TREATMENT?



FOR PROJECT INFORMATION:



Tell up to 3 mates all about Hep C

(1) What it is

(2) How you get it

(3) How you avoid it

(4) How you live with it

(5) What you can do about it

Then bring them back to check
out what they know and you will
both be rewarded

WHAT IS IT?

- It's a **VIRUS** that gets into your **BLOOD** from someone else's **BLOOD** (IF they have the virus).
- It effects your **LIVER**. It makes you sick and can lead to liver failure and cancer.
- For **MOST** people, the virus stays in your body and does not go away.

HOW DO YOU GET IT?

- By getting someone else's infected **BLOOD** into your bloodstream. It can be passed even in blood small enough that you can't see.
- Sharing **ANY injecting** gear is the easiest way to get it (fits, barrels, swabs, spoons, water).
- Sharing any tools used for **tattooing & piercing** (avoid home & prison tats at all cost).
- Sharing personal items like **razors & tooth brushes**. You can get it more than once & there are 12 different types of Hep C.