

To protect yourself from hepatitis C:

- 1) **If you shoot drugs, use a new syringe every time you shoot up.** Through ESAP (Expanded Syringe Access Demonstration Program), anyone 18 or older can buy up to 10 new syringes without a prescription at many drugstores in New York State. You can also trade in old syringes for new at syringe exchange programs.



- 2) **Never share anything you use to shoot up.** This includes:

- ◆ needles
- ◆ spoons
- ◆ syringes
- ◆ cookers
- ◆ cotton
- ◆ bottlecaps
- ◆ ties
- ◆ water



- 3) **Wash your hands before and after helping another person shoot up.** Use soap and water or a disposable wet-wipe.

To find out more...

...about HIV and AIDS

1-800-541-AIDS (English)

1-800-233-SIDA (Spanish)

1-212-925-9560 (HIV/AIDS TTY
Information Line)

Voice callers can call 711 or 1-800-421-1220 and ask the operator to dial 1-212-925-9560.

You can ask anything, and you do not need to give your name.

...about hepatitis C

Visit the New York State Department of Health website at: <http://www.nyhealth.gov/diseases/communicable/hepatitis/>

...about quitting alcohol & drugs

1-800-522-5353

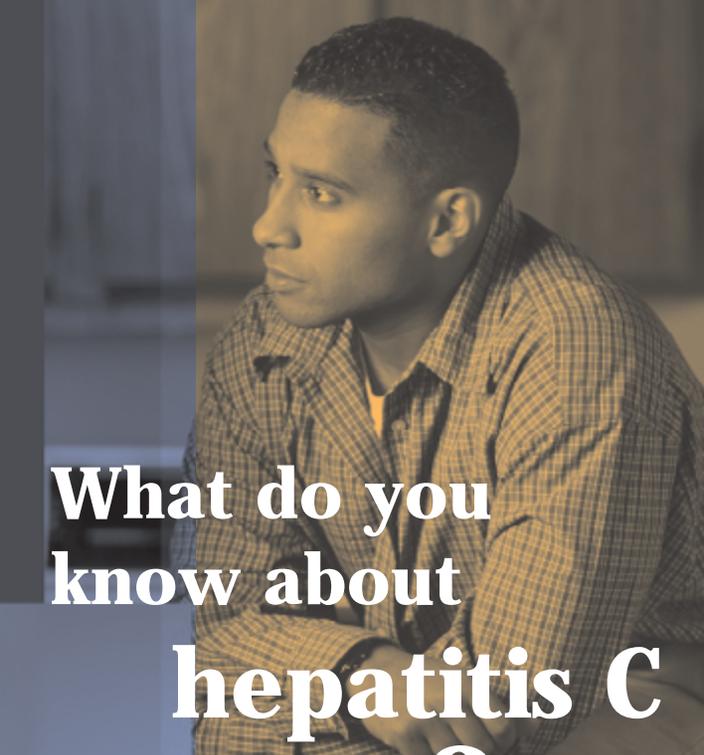
New York State Office of Alcohol &
Substance Abuse Services (OASAS)
Mon-Fri, 9 am-5 pm

1-800-LIFENET

New York City only
24 hours a day, 7 days a week



State of New York
Department of Health



What do you know about hepatitis C & HIV?



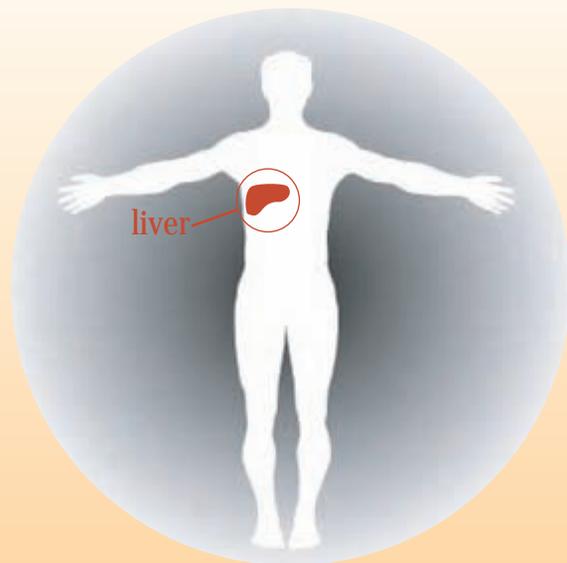
In the U.S., at least 1 in 4 people with HIV also has hepatitis C.

Everyone with HIV should get tested for hepatitis C.

Have you?

Here's what you need to know:

Hepatitis C is a liver disease caused by the Hepatitis C Virus (HCV).



Hepatitis C can be serious. Up to 15% of people with hepatitis C get serious liver disease.

Hepatitis C—like HIV—is spread through blood. The most common way is through sharing syringes, needles, or works.



Most people with hepatitis C do not look or feel sick. They may have no symptoms for 20 or more years. You will need a blood test to find out if you have hepatitis C.

For most people, hepatitis does not make HIV worse. But if hepatitis C hurts your liver, you may not be able to take some medicines that fight HIV.



HIV may make hepatitis C get worse faster. To protect your liver and give yourself the best chance of staying healthy:

- ✓ **Get hepatitis A and hepatitis B shots.** You can get these shots from most doctors and clinics.
- ✓ **Quit drinking alcohol.** Alcohol can make hepatitis much worse. If you can't quit, try to cut down.

There is a treatment for hepatitis C, but it does not work for everyone. Talk to your doctor or nurse to find out if treatment is a good choice for you.

