

Hepatitis C and your liver health

Keeping your liver healthy is essential to your overall wellbeing¹

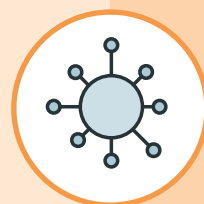


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What may harm your liver?

- Drinking a lot of alcohol²
- Using illicit drugs³
- Eating an unhealthy diet or being overweight²
- All forms of viral hepatitis including A, B, and C²



Coronaviruses and your liver health

Talk to your healthcare provider for advice about the impact of COVID-19 on your liver health.

Hepatitis C and your liver

- Hepatitis C is a virus that can infect the liver⁴
- You might not realise you have hepatitis C – for most people, there are usually no symptoms at the beginning⁵
- If hepatitis C isn't treated your liver can become inflamed which leads to scarring of the liver⁵
- A liver with too much scar tissue can't work properly⁵

The only way to know for certain if you have hepatitis C is to get tested

How might I have caught hepatitis C?

Think carefully — you could have hepatitis C if you have ever:⁶

- Injected drugs
- Had a blood transfusion abroad, or in the UK before 1991
- Had a tattoo or piercing with an unsterilised needle
- Had unprotected or rough sex with someone who has hepatitis C, including the MSM community
- Been exposed to any unsterilised medical or dental equipment abroad
- If your mother had hepatitis C when you were born, there is a very small chance it could have been passed to you



Getting tested can be straightforward

- There are usually two tests to diagnose hepatitis C, which can be done in the same testing visit⁷
- Your support provider can talk to you and take you through everything you need to know

To find out more or to get tested you can talk to:

- Your GP
- A sexual health clinic
- Drug and alcohol support services
- Your pharmacist

You can also confidentially find out more from The Hepatitis C Trust on **020 7089 6221** or email **helpline@hepctrust.org.uk**

Hepatitis C can be treated!

- No injections are needed⁸
- Treatment generally involves taking tablets for up to 12 weeks⁸
- Your healthcare provider will talk to you about what treatments are suitable for you

Get tested, get treated, get cured

Protect your liver from potentially life-threatening damage.⁹
Avoid passing hepatitis C on to others.⁹

References

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