

WHAT IS HEPATITIS C?

Hepatitis C is a progressive liver disease which frequently has few or no symptoms and can progress without signs for decades. Most people don't know they have hepatitis c until serious liver complications arise.

SHOULD I GET SCREENED / TESTED?

A one-time screening is recommended for those born between 1945 and 1965 even though they appear to have no risks.

Some risks for hepatitis C are:

- History of injection drug use.
- Receiving a tattoo in an unregulated place or shop
- Children born to anti-HCV mothers.
- History of transfusions with blood or organ transplants.
- Chronic liver disease / hepatitis with an unknown cause.

Thank you to our partners at the Harm Reduction Coalition



Our Mission

We at the Sierra Harm Reduction Coalition (or SHRC) is providing an ever increasing suite of community based Harm Reduction services aimed to improve the quality of life in our county through helping our drug using community by reducing the consequences of drug use (HIV, HEP B/C, sexual disease, youth use and abuse, litter, etc.). We highly believe in the safety of our community. We greatly believe and respect the rights and feelings of our family who use drugs. To do this we provide free of charge mobile "where they're at" drug and disease minimization services.

We believe that no one, despite their circumstances, should not be stigmatized. We are building a highly networked collaboration of service providers, such as treatment, mental health providers and other local community providers. Kit distribution, needle exchange, disease testing, disposal containers, naloxone training and referring to essential services are in our near future. Ultimately, our mission is to help our family who use drugs grow into essential members of our community.

We help each other help each other.

Contact Us

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Hepatitis C

Sierra Harm Reduction Coalition (SHRC)

Harm Reduction Services for El Dorado County



SHOULD I GET TESTED?

- Yes – if you were born between 1945 and 1965
- YES, if you are a current or former drug user who used needles to inject. Even if you only injected one time
- YES, if you have a sexual partner who has Hepatitis C

Hepatitis C is a serious (but treatable and manageable) liver disease. Working closely with your doctor and taking care of your health will help you live a long and healthy life.

HEPATITIS TREATMENT

Treatment is recommended for all people testing positive with Hepatitis C regardless of genotype (type of HEP C).

Hepatitis C Testing Results (HCV)

+ Positive Results +

This means that hepatitis C is in your body, and you could:

- Develop liver damage over time
- Pass the virus to others through blood-to-blood contact
- Be a candidate for treatment



- Negative Results -

If you test negative and have previously never had a positive result with testing, this indicates that you do not have the virus. This could also indicate that your body has cleared the virus on its own. This DOES NOT mean that you are immune to hepatitis C, and you should:

- Get another test in 6 months confirm that there is no virus present
- Take measures to protect yourself from becoming infected in the future.

TIPS TO STAYING HEALTHY

- Stick to a healthy diet and avoiding junk foods.
- DO NOT SHARE NEEDLES
- Limit drug use as they may interfere with HEP C treatment.
- Limit your alcohol intake as it can damage your liver even further.
- Keep physically active – this activity really helps during HEP C treatment.
- Do your medical provider or doctor on a regular basis.
- Get tested for HIV and practice safer sex. Always use condoms.

WHERE CAN I GET TESTED?