

SEX, DRUGS & HEP C

Hepatitis C - should it be on my radar?



"Hep C can be transmitted sexually by invisible particles of blood."

THE FACTS

- Knowing the facts gives you the knowledge to protect yourself.
- Hepatitis C is also known as hep C or HCV.
- An estimated 13-20% of people with HIV also have hep C. This is known as HIV/HCV co-infection.
- The longer hep C remains undetected, the greater the risks of sexual transmission, possibility of liver disease and cancer.
- There is no vaccine for hep C, although hep C can be cured if treated.

WAYS OF TRANSMITTING HEP C

- Sexually by invisible particles of infected blood on fingers, vaginas, cocks, hands, gloves, dams, condoms, lube conditioners, sex toys and douching equipment.
- Sharing injecting equipment (needles, water, spoons, tourniquets, filters, swabs).
- Sharing barrels for 'booty bumping' (shooting drugs up your bum).
- Sharing straws for snorting.
- Unsterile tattooing, body piercing, scarification.
- Blood play.
- In some countries by blood transfusions and medication procedures.



"The sooner you know your hep C status and get treated, the better your outcome will be."

INCREASING THE RISK

- Sharing injecting equipment.
- Group fucking sessions,
- Longer, harder, rougher fucking sessions.
- 'Chem', 'fuelled' or 'wired' sex - which alters pain perception and increases pleasure.
- Raw sex (sex without a condom).
- Being dehydrated increases risks for skin tearing.
- Having syphilis and other STIs including chlamydia and gonorrhoea.
- HIV infection for catching or passing on hep C - even with an undetectable viral load.

REDUCE YOUR RISK

- Always use a sterile needle and don't share equipment.
- Change condoms and gloves between each arse.
- Wash your hands with soap between glove and condom changes.
- Use non-latex gloves - allergies to latex are common with the reaction increasing the risk of skin damage.
- Wash toys between each arse with warm soapy water. Hot water can clump the blood protecting the virus.
- Ensure your host has cleaned their toys and you have cleaned your toys from any previous sessions.
- Don't share lube containers. Use pump action containers or keep containers clean with soapy water.
- Being vaccinated for hepatitis A, B and HPV.
- Have regular STI testing including blood tests for syphilis and hep C.

GET TESTED FOR HEP C

- Ask your GP, HIV doctor or Sexual Health Clinic nurse when you have your regular STI screen to add a hep C blood test.
- If the results show you have hep C, ask to be referred to a doctor or clinic where they specialise in the management of hep C.

GET TREATED

- Hep C diagnosis and treatment has significantly improved in recent years.
- New treatments are highly effective and becoming less invasive, shorter, simpler and easier to tolerate.
- Hep C can be cleared from the body with treatment, but treatment does not prevent you getting re-infected.
- Treating hep C early increases your prospects for better health in the long term.
- Having HIV and hep C together can make managing your health more complicated, but treatments are much better tolerated and compatible with HIV medication than previous options.

MORE INFORMATION

www.positivelife.org.au

free call 1800 245 677



PositiveLifeNSW
the voice of people with HIV since 1988

January 2016

Image 1 source: twitter.com/farhatabbas_guy

Image 2 source: leatherfetishkinkpig.tumblr.com