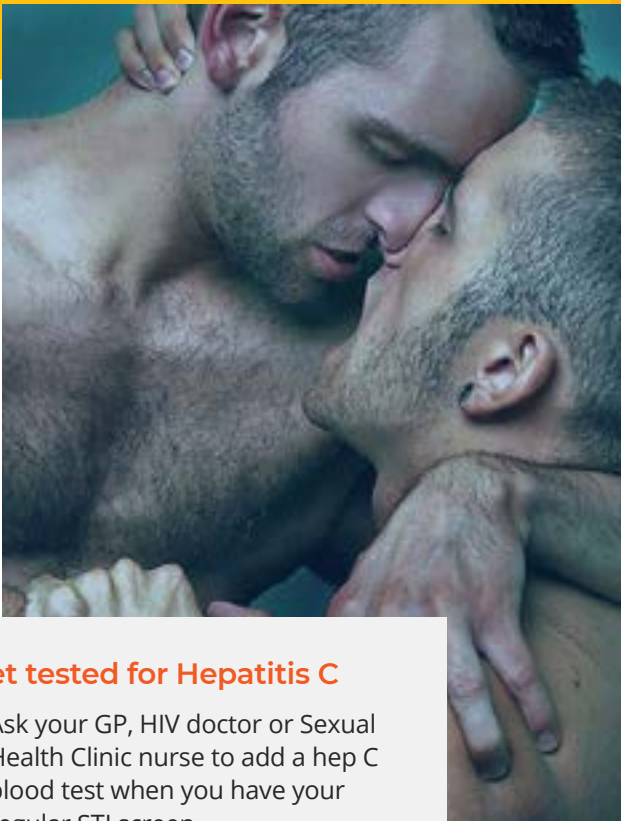


HIV & Sex, Drugs and Hep C

Hepatitis C - should it be on my radar?



Get tested for Hepatitis C

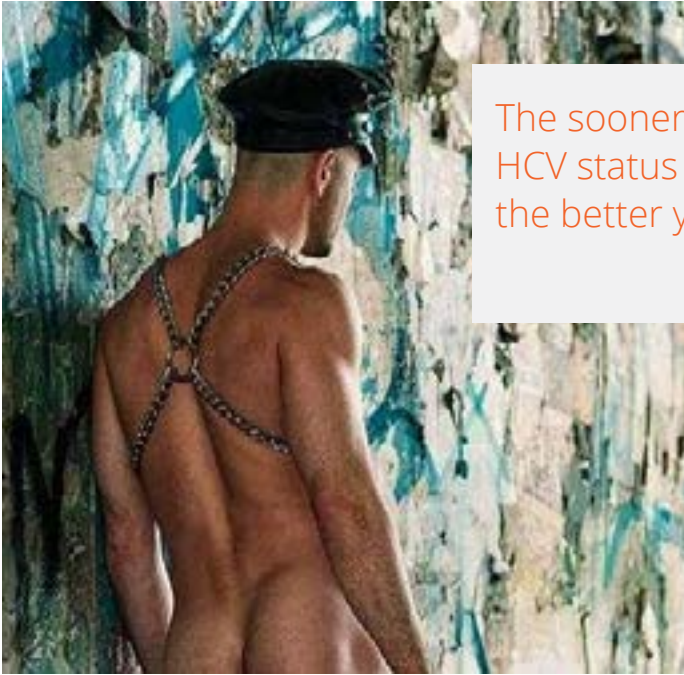
- Ask your GP, HIV doctor or Sexual Health Clinic nurse to add a hep C blood test when you have your regular STI screen.
- If results show you have hep C, ask to be referred to a doctor or clinic where they specialise in the management of hep C.

The Facts

- Knowing the facts gives you the knowledge to protect yourself.
- Hepatitis C is also known as hep C or the hepatitis C virus (HCV).
- An estimated 13-20% of people living with HIV (PLHIV) 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 it can be cured if treated.

Get treated for HCV

- 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.
- Treatment can clear hep C from your body with, 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.
- Current hep C treatments are much better tolerated and compatible with HIV medication.



The sooner you know your HCV status and get treated, the better your outcome.

Ways of transmitting HCV

- Sexually by invisible particles of infected blood on fingers, vaginas, cocks, hands, gloves, dams, condoms, lube containers, 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.

Hep C can be transmitted sexually by invisible particles of blood

Increasing the risk of contracting HCV

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

Reduce your risk for HCV

- 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 contains or keep containers clean with soapy water.
- Get vaccinated for hepatitis A, B and HPV.
- Have regular STI testing including blood tests for syphilis and hep C.

For more information phone 02 9206 2177 or 1800 245 677 (freecall) or visit www.positivelife.org.au

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The voice of all people living with HIV

Positive Life NSW