

# Be free of Hep C

Hepatitis C can seriously damage your liver without you knowing.<sup>1</sup>

**Take action before it's too late.**



## Have you heard of Hep C?



Hepatitis C, or Hep C, is a virus.<sup>1</sup> It is spread through blood to blood contact and can cause serious damage to your liver, cancer and even death.<sup>1,2</sup>

It is estimated that as many as half of people living with Hep C do not know that they have the virus and it is causing them harm.<sup>3</sup>

If at any age, you have lived in or regularly visit Bangladesh, India or Pakistan here are some of the ways you might get Hep C: <sup>4</sup>



**Having medical, dental or cosmetic procedures, including injections, using unclean equipment<sup>3,4,5</sup>**



**Receiving blood<sup>4</sup>**



**Visiting hairdressers, barbers or beauty parlours where equipment, such as nail scissors, clippers and razors have not been properly cleaned between customers.<sup>4,6</sup>**

## Are you at risk?

In some areas, including South Asia, you can come into contact with infected blood more easily than you might think.

People often don't experience symptoms of Hep C for many years so it's important to get a blood test if you are at risk.<sup>1</sup>

**If you do have Hep C, treatment involves taking tablets every day for 8 to 12 weeks<sup>7</sup>, for most patients. Treatment duration will depend on patient characteristics. Once treatment is complete, over 95% of people are cured.<sup>8</sup>**

**If you think you might be at risk,  
you can order a free at home Hep C blood test**

Visit **HepC.co.uk** for more information.  
**Get tested. Get treated. Get cured.**



#### References

<sup>1</sup> NHS. Hepatitis. Available at: <https://www.nhs.uk/conditions/hepatitis/> Last accessed: June 2023. <sup>2</sup> NHS. Hepatitis C. Available at: <https://www.nhs.uk/conditions/hepatitis-c/> Last accessed: June 2023. <sup>3</sup> Hepatitis C Trust. South Asian outreach. Available at: <http://hepctrust.org.uk/services/south-asian-outreach> Last accessed: June 2023. <sup>4</sup> Royal College of General Practitioners. Guidance for the prevention, testing, treatment and management of Hepatitis C in primary care. Available at: <http://www.hepctrust.org.uk/sites/default/files/Prevention-Testing-Treatment-and-management-of-hep-C-in-primary-care%281%29.pdf> Last accessed: June 2023. <sup>5</sup> Verma R et al. Adverse events following immunization: Easily preventable in developing countries. Human Vaccines. 2011. 7;9:989-991. <sup>6</sup> Hepatitis C Trust. Risk Factors: Razors and Toothbrushes. Available at: <http://www.hepctrust.org.uk/information/risk-factors/razors-and-toothbrushes> Last accessed: June 2023. <sup>7</sup> NHS. Hepatitis C: Treatment. Available at: <https://www.nhs.uk/conditions/hepatitis-c/treatment/> Last accessed: June 2023. <sup>8</sup> World Health Organisation [WHO]. Hepatitis C factsheet. Available at: <https://www.who.int/news-room/fact-sheets/detail/hepatitis-c> Last accessed: June 2023.

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