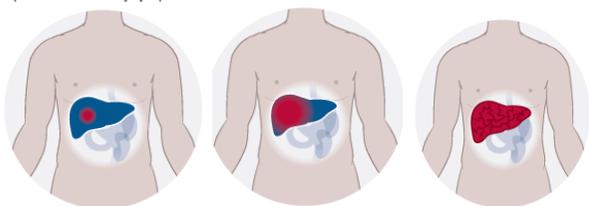


## What is hepatitis C?

Hepatitis C is an infection of the liver. The liver is an important organ that removes bad substances from the blood and stores vitamins and sugar. The infection can stop the liver from working well. A person with hepatitis C can show no symptoms at all for many years. Over time, the liver can become very damaged.



6 months

10 years

25 years

## How can you become infected?

Hepatitis C is spread through contact with an infected person's blood.



1. through injections with used needles and syringes. Avoid injections when it is not needed. Most of the time, taking pills is just as effective as having injections. Do not go to medical facilities where you suspect that medical equipment used is not clean. Make sure the needles are new. Come to the MSF SINA clinic for free quality health care.



2. By sharing manicuring tools, razor blades, toothbrushes or piercing or tattooing equipment; make sure you only shave with a new or with your own personal razor blade. Do not share toothbrushes or manicure tools.

3. By having blood transfusions with infected blood. Go to a trusted health facility for your medical care.



4. Pregnant women can pass it on to their baby during pregnancy or delivery. Pregnant women should deliver in a trusted health facility.

5. There is a risk to contract hepatitis C when you have multiple sexual partners.

hepatitis C is not spread by hugging or coughing, by sharing the same food or through breastfeeding.

If you have hepatitis C, make sure other household members do not get infected. Encourage your partner and children to get tested for hepatitis C.

If you are on treatment or you have completed treatment, make sure you don't become reinfected.

## How to stay healthy with hepatitis C?

Only a small number of people infected with hepatitis C will develop a very serious condition. Not everyone needs medication. If you do not need medication, you can take a lot of steps to make sure your liver stays healthy:

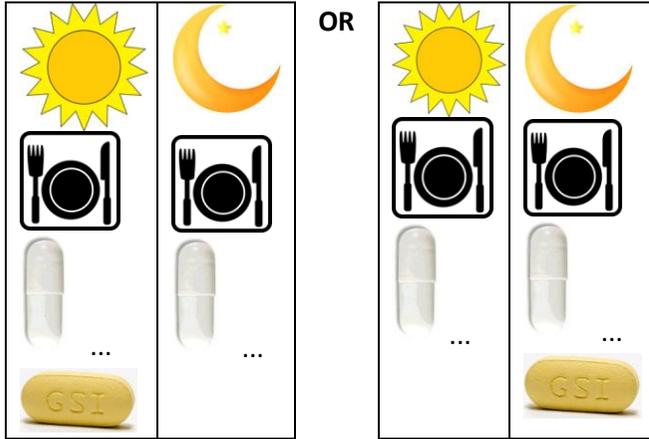
**Adapt your diet:** take care of your body weight. Cut down on oil and sugar, and try to eat plenty of vegetables and fruit.

**Avoid smoking, tobacco and drug use** as it is a heavy burden for your liver and can make the disease progress faster.



## How do you take medication for hepatitis C?

The oral treatment for hepatitis C at the MSF-SINA clinic is composed of two different medications and should be taken for 3 to 6 months: One Sofosbuvir tablet once a day; Rbvavirin (capsules) should be taken in the morning and in the evening, with food.



### If you forget one dose, do the following:

- If you remember the same day, take it and continue with the schedule as before
- If you remember only the next day, do not take it, just continue with your schedule as before.

**Don't take other medication while you are on treatment**, as it may interact with the treatment. Always consult with your doctor first.

Some minor side effects may occur due to the medication, like headache or nausea. These should not persist. If you have any worry about these side effects, talk to your doctor. Do not stop the treatment.



## Always respect the medical appointments

Once you are on treatment, it is very important not to interrupt. Come back on the scheduled day so that you will always have medication, and so that the doctor can do a good medical follow-up.

**If you have any question, or worry, about the treatment or about your health, talk with your doctor or with the counselor at the MSF clinic. We are there to help you.**



**INFO FOR  
PATIENTS WITH  
HEPATITIS C**