

### How is it treated?

Treatment, with oral drugs, is generally well-tolerated and patients can be **cured**. Your doctor will determine the right treatment for you based on the tests.

If you have been diagnosed with HCV:

**DO NOT** drink alcohol.

**DO NOT** take other medications or supplements unless recommended by your doctor.



### Protect your liver!

- Eat a low salt and low fat diet
- Eat more fruits and vegetables
- Drink more water



### Hepatitis C Clinic PL Sharma District Hospital Meerut

Don't hesitate to call us in case of problem with your treatment or for any doubt!

**+91 7454 900 102**

Clinic will be open **from Monday to Friday from 8am to 4:00pm.**

- Free counseling
- Free Hepatitis C screening
- Free diagnostics / lab tests
- Free treatment



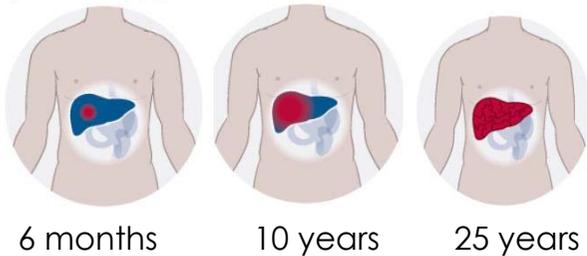
## Hepatitis C Virus (HCV)

*Information flyer  
for patients*



## What is hepatitis C?

A **virus** that affects the liver and causes Inflammation or swelling of the liver.



## What does the liver do?

It removes toxins like alcohol or medications.

It acts like a filter, so your body holds onto important things like vitamins and nutrients for energy.

## How is it transmitted?

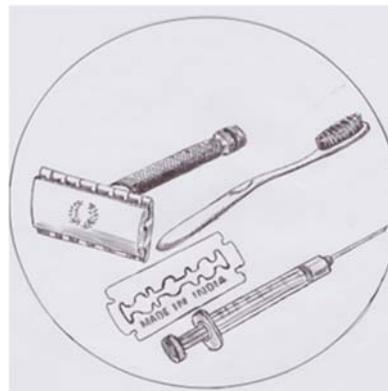
Only by blood.

It can live on infected equipment for days to weeks. **It can survive in dry blood.** It can remain active in used needles and syringes and can cause an infection if reused.



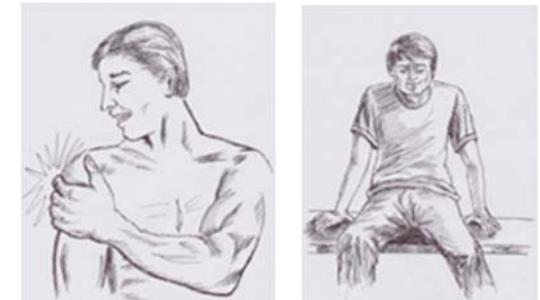
Infection can occur most commonly by:

- **Sharing needles**, syringes or other injection equipment
- **Improper sterilization** of medical equipment in hospitals or dental clinics
- Transfusion of **unscreened** blood
- Tattooing, circumcision or any other practice where you can come into contact with **someone else's blood**
- **Mother-to-child** during pregnancy & delivery if mother is Hep C positive



Although **majority of cases do not present with any symptoms**, here is a list of **possible signs and symptoms of a chronic infection**:

- Yellowing of skin and eyes
- Fatigue/tiredness
- Loss of appetite
- Loss of sleep
- Nausea & Vomiting
- Abdominal or stomach pain



- Dark-colored urine
- Muscle aches

## Prevention

- There is **no vaccine for HCV**.
- Do not share needles, syringes.
- Wear gloves if you have to touch anyone's blood.
- Make sure clean tools are used when you get a tattoo.
- If you have hepatitis C, don't give your blood.