

# Stay HEP C Free



## Engage in Harm Reduction

1

For individuals who use substances, especially syringes, engaging in harm reduction techniques is critical.

- Only use new, sterile syringes
- Don't share equipment, even straws
- Get medical attention for wounds or abscesses



## Don't Share Personal Care Items

2

Everyday items such as razors, scissors, nail clippers, toothbrushes and more can transmit Hepatitis C if blood from an infected individual contaminates it. Make sure all items are used individually and regularly sterilized.



## Check for Sterile Equipment

3

Businesses where blood or needles are present, such as tattoo shops, piercing shops, or acupuncture clinics, have the potential to transmit Hepatitis C. Always ensure needles are used only once, all equipment and tools are sterilized, and that the shop is licensed.



## Practice Safe and Responsible Sex

4

While it is less common for Hepatitis C to be transmitted from intercourse, there are factors that increase risk. If you have multiple partners or engage in rough sex, get tested regularly and use condoms.

