



HEPATITIS C CHECKLIST

You may find this checklist helpful if you think you may be at risk of hep C. Talk to your doctor about hep C and getting tested. You don't need to explain why you would like to get tested.

HEP C RISK FACTORS

You may be at high risk of hepatitis C if you can say 'Yes' to any of the following:

- Have you ever had a tattoo or body piercing done using unsterile equipment or somewhere other than a licensed studio?
- Did you receive a blood transfusion prior to July 1992?
- Have you ever taken drugs through needles or your nose - even once?
- Have you ever had jaundice (yellowing of the skin or whites of the eyes) or abnormal liver function?
- Have you ever lived in or received health care in Southeast Asia, China, the Indian subcontinent, the Middle East, or Eastern Europe (including Russia)?
- Does your mother or a household member have hepatitis C?
- Have you ever been in prison?

Less common risks include:

- Sexual practices which may risk blood contact with a person who is infected with the hepatitis C virus
- Sharing personal care items, such as razors or toothbrushes that may have come in contact with the blood of an infected person
- HIV infection

HEP C SYMPTOMS

The symptoms associated with hepatitis C infection may be different for everyone. In some cases, you can live with hep C without experiencing any symptoms. And if symptoms do occur, you may not notice them depending on whether the virus has begun to have an impact on your liver.

Symptoms of chronic (long-lasting) infection may include:

- Feeling tired
- Muscle aches
- Feeling depressed
- Inability to concentrate or think clearly

Symptoms of acute (recent) hep C infection are rare and may include:

- Not wanting to eat
- Pain in the liver area (on the right side of your body, at the bottom of your ribcage)
- Throwing up
- Jaundice - which is itchy skin, or yellowing of the whites of the eyes, or dark urine, or pale-coloured bowel movements

This checklist is not meant to diagnose people with hep C, nor does it replace the advice of your doctor. Please talk to your doctor if you have any questions about hep C.

TALKING TO YOUR DOCTOR ABOUT HEPATITIS C

Here are some questions that may help you organise your thoughts when you visit:

- What tests do I need?
- What could the results mean?
- Where do I have to go to be tested?
- Do I need to get tested for hep A and hep B?

GETTING TESTED FOR HEP C IS THE ONLY WAY TO KNOW FOR SURE IF YOU HAVE IT.

References:

Centers for Disease Control and Prevention. Hepatitis C FAQs for the Public. <https://www.cdc.gov/hepatitis/hcv/cfaq.htm>. Accessed March 2018. Bpac^{nz} The treatment of hepatitis C has changed. BPJ 2016;77. <http://www.bpac.org.nz/2016/hepc/docs/hepc.pdf> Accessed March 2018. WebMD. Hepatitis C. Symptoms. <https://www.webmd.com/hepatitis/hepc-guide/hepatitis-c-symptoms%20Accessed%20March%202018> <https://www.webmd.com/hepatitis/hepc-guide/hepatitis-c-symptoms> Accessed March 2018. WebMD. Hep C Depression and anxiety: Is there a link? <https://www.webmd.com/hepatitis/hep-c-depression-anxiety#1> Accessed March 2018. Medicinenet.com. Hepatitis C Infection. Causes, How It's Spread and Treatment. https://www.medicinenet.com/hepatitis_c/article.htm#hepatitis_c_infection_hcv_definition_and_facts Accessed March 2018. Australian recommendations for the management of hepatitis C virus infection: a consensus statement (August 2017). http://cart.gesa.org.au/membes/files/Resources/Hepatitis%20C/hepatitis_C_virus_infection_consensus_statement_Aug_2017.pdf Accessed March 2018.

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