



# HEPATITIS C

Hepatitis C is the inflammation of the liver caused by the hepatitis C virus. This condition must be treated with medicines to avoid serious health problems, such as permanent liver damage, cirrhosis, liver cancer, or death.

## TRANSMISSION

Most people with hepatitis C have no symptoms and do not know they are infected. By the time symptoms occur, the disease is in an advanced stage. Some symptoms may include:

- Dark yellow urine
- Loss of appetite
- Grey or clay-colored stools
- Fatigue
- Fever
- Abdominal pain
- Yellowish skin and eyes
- Nausea and vomiting
- Joint pain

## DIAGNOSIS

Getting tested is the only way to know if you are infected. The Centers for Disease Control and Prevention (CDC) recommends getting tested once in a lifetime if you:

- Are 18 years of age or older
- Are pregnant (get tested during each pregnancy)
- Present a high risk if you:
  - Have ever injected drugs
  - Have HIV
  - Have abnormal liver tests or liver disease
  - Are on hemodialysis
  - Received donated blood or organs before July 1992
  - Have a diagnosis of hemophilia and received clotting factor before 1987
  - Have been exposed to blood from a person who has hepatitis C

## PREVENTION

There is no vaccine to prevent hepatitis C. You can prevent it by avoiding contact with blood contaminated by the virus.

- Avoid sharing or reusing needles, syringes or any other equipment used to inject drugs or medicines.
- Do not get tattoos or body piercings at unregulated places.
- Do not use personal items that contain traces of other people's blood (glucose lancets, razors, nail clippers, or toothbrushes).
- Use a latex condom when having sex.



**HEPATITIS C HAS A CURE. ASK YOUR DOCTOR ABOUT HEPATITIS C TESTING.**

For guidance and assistance, call the  
**PSM Beneficiary Service**  
**1-866-600-4753 / 1-844-726-3345 TTY** (hearing impaired)  
This call is free of charge.

[www.MenonitaVital.com](http://www.MenonitaVital.com)

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As requested, this document may be available in alternate formats such as large print, audio 1-866-600-4753 y 1-844-726-3345 TTY (hearing impaired). If you speak English, language assistance services are available free of charge. Call 1-866-600-4753 and 1-844-726-3345 TTY (hearing impaired).

### References:

- <https://www.cdc.gov/hepatitis/hcv/index.htm>
- <https://medlineplus.gov/hepatitisc.html>