

Don't give it to anybody else:

- Keep other people's blood out of your body
- Do not share rigs, water, spoons, filters, cookers, or vials if fixing
- Do not share straws or pipes if snorting or smoking
- Do not share needles or ink for tattooing
- Do not share razors, toothbrushes, or nail clippers
- Avoid getting into fights
- Cover open sores or breaks in the skin
- Practice safe sex (use condoms especially during a period)

For more information contact:

- Your Doctor
- Bissell Centre 423-2285
- STD Clinic 413-5156
- Streetworks 424-4106
- HIV Edmonton 488-5742
- Boyle McCauley 422-7333
- Canadian Liver Foundation
444-1547 or Toll Free at
1-888-557-5516

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The opinions expressed in this publication are those of the author's and do not necessarily represent the official policy of Health Canada.

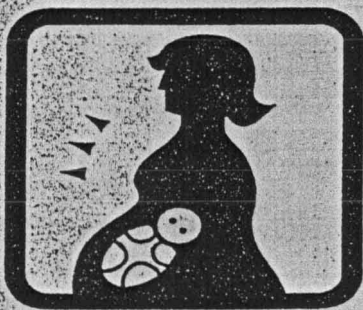
Pregnancy Babies And Hepatitis C



Produced by
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DID YOU KNOW:

- Most Hepatitis C+ mothers have no symptoms while they are pregnant
- 3-7% of mothers who are Hepatitis C+ will pass the virus to their babies
- There is a higher risk that the baby will be infected with Hepatitis C if the mother is also HIV positive.
- If you fix now or did fix in the past, you increase the chance of infecting your baby
- It is Okay to get pregnant and breastfeed if you are Hepatitis C+



If you are pregnant and Hepatitis C+ you SHOULD:

- Find a doctor or nurse that you feel comfortable with
- Quit or cut down on drinking alcohol (not only because it is hard on the liver but your baby could be born with Fetal Alcohol Syndrome (FAS))
- Eat Right
- Rest
- Get a vaccine for Hepatitis A and Hepatitis B
- Try not to use drugs that are hard on the liver especially acetaminophen (ask a doctor, pharmacist, or nurse)
- Try to find support from friends, family, or join a support group



If you have just had a baby and you have Hepatitis C:

- You can breastfeed as long as your nipples are not cracked or bleeding
- Babies should be tested for Hepatitis C antibodies at 12-18 months old
- If your child tests negative for Hepatitis C at 18 months your child is not infected with Hepatitis C
- If your child tests positive for Hepatitis C at 18 months, another test should be done at 2 years old
- If your baby tests positive for Hepatitis C at 2 years:
 - Get Hepatitis A and B vaccines
 - See the doctor regularly

Never share toothbrushes or nail clippers with your child.