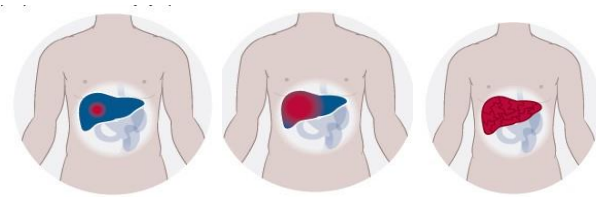


What is hepatitis C?

Hepatitis C is an **infection causing inflammation of the liver**. The liver is an important organ that removes bad substances from the blood and stores vitamins and sugar. The infection can stop the liver from working well. A person with hepatitis C can show no symptoms at all for many years. Over time, the liver can become very damaged.



6 months

10 years

25 years

How can you become infected?

Hepatitis C is spread through contact with an infected person's blood.



1. through injections with used needles and syringes. Avoid

injections when it is not needed. Taking pills is just as effective as having injections. Go to trusted health facilities where medical equipment is clean and syringe needles are single used.



2. By sharing manicuring tools, razor blades, toothbrushes or piercing or tattooing equipment
You can get infected with HCV.

3. By having blood transfusions with infected blood, in unlicensed facility



4. There is a risk to contract hepatitis C when having unprotected sex with multiple sexual partners, especially men having sex with men.

5. Infected pregnant women can pass it on to their baby during pregnancy or delivery. However there are low rate of transmission through this route.

6. Drug users who share syringes, smoking pipe and snorting straw present high risk to contract Hepatitis C.

Hepatitis C is not spread by casual contact such as hugging or coughing, by sharing the same food.

If you are on treatment or have completed treatment, ensure that you don't become re-infected or transmit the virus to others.

How to stay healthy with hepatitis C?

Only some infected people with hepatitis C will develop a very serious condition, and will be put on treatment. If you do not need medication, you need to adapt your lifestyle to avoid further liver damage.

Adapt your diet: Cut down on oil and sugar, and try to eat plenty of vegetables and fruit.

Avoid alcohol as it is a very heavy burden for your liver and make the disease progress faster.



Where and How do you take medication for hepatitis C?

You can get Hep C treatment at the MSF-HCV clinic in Preah Kossamak Hospital. MSF will cover fees from first step of testing until the end of treatment.

The treatment for hepatitis C is composed of two different oral medications and should be taken for 3 to 6 months. The latest antiviral drugs have low side effect and high effectiveness.

However some minor side effects may occur due to the medication, like headache or nausea. These should not persist. If you have any worry about these side effects, do not stop your treatment and talk to your doctor.

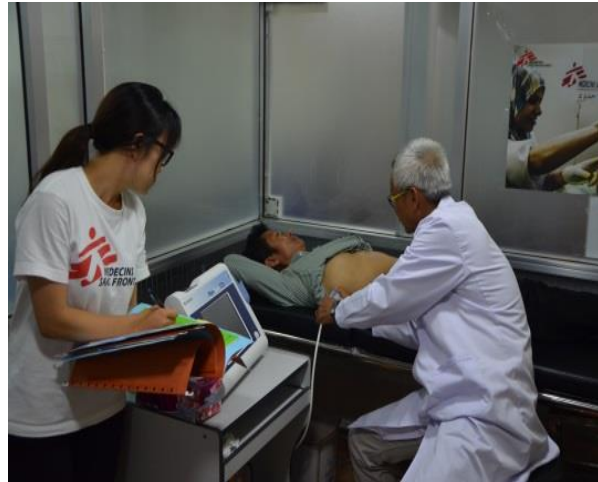
If you forget one dose, do the following:

If you remember the same day, take it and continue with the schedule as before
If you remember only the next day, do not take it, just continue with your schedule as before.

Don't take other medication while you are on treatment as it may interact with the treatment; otherwise consult with the MSF doctor first.

Always respect your medical appointments!

Once you are on treatment, it is very important not to interrupt and to come back on the scheduled appointment.
To get rid of the virus, you have to complete the full treatment period



We are there to help you.

If you have any question, or worry about the treatment or about your health, talk with your doctor or with the counselor at the MSF clinic.

<https://www.facebook.com/MSFCambodiaHepC/>

<https://www.facebook.com/Preah-Kossamak-Hospital-827358274004690/>



INFO FOR PATIENTS WITH HEPATITIS C



MSF is an international independent medical organization providing medical support in more than 40 countries with 45 year expertise. MSF started to support Khmer community in the refugee camp at the Thai border in 1979.