

BLOOD BORNE VIRUSES

How do people get hepatitis C, hepatitis B or HIV?



IF YOU HAVE BEEN AT RISK ASK TO BE TESTED FOR THE VIRUSES

- Even if you have been tested before
- Treatments are available for all three viruses

They are spread through blood or body fluids

- Even an invisible drop of blood can spread infection
- Transmission through sex can also occur, especially for HIV and hepatitis B

YOU CAN PROTECT YOURSELF AND OTHERS BY:

- **Not** sharing ANY injecting equipment at all (needles, barrels, filters, spoons, citric or water)
- **Always** using new clean equipment – easily available
- **Not** sharing toothbrushes or razors
- **Not** sharing any piercing or tattoo equipment
- **Always** using a condom when you have sex
- **GETTING VACCINATED AGAINST HEPATITIS B**

You need at least 3 doses and one more after a year.
(It does NOT protect you against hepatitis C and HIV)

For more information speak to
your GP, Nurse or Drugs Worker.

For further copies please contact:
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