



Hepatitis C: What's Your Risk?

Hepatitis C is a potentially life-threatening liver disease caused by a virus that attacks the liver. It is contracted through blood-to-blood contact with an infected person which can happen in a variety of different ways. Hepatitis C often has no symptoms until it reaches an advanced stage so you may not be aware that you have it. The good news is that all it takes is a simple blood test to find out if you have hepatitis C.

To find out if you should talk to a healthcare provider about getting tested for hepatitis C, take this short quiz.

YES NO

Were you born between 1945 and 1975?

The greatest number of Canadians with hepatitis C are people born between 1945 and 1975 (>75%). This is due to exposure to a variety of different potential risk factors both in Canada and abroad. The Canadian Liver Foundation recommends that all adults born between 1945 and 1975 have a one-time test for hepatitis C.

YES NO

Did you have a blood transfusion, receive blood products or have an organ transplant in Canada before 1990?

The hepatitis C virus was discovered in 1989 and the first-generation screening test was implemented in 1990.

YES NO

Have you undergone vaccination, medical procedures, surgery or received a blood transfusion in a country where hepatitis C is common?

In many countries around the world a single needle may have been used to vaccinate many different people, medical equipment may not have been properly sterilized or blood products may not have been screened. To see a map showing which countries have the highest prevalence of hepatitis C, [click here](#).

YES NO

Have you ever injected or snorted drugs (even once)?

Shared drug equipment (including needles, straws etc.) can contain trace amounts of blood.

YES NO

Do you have any tattoos or body piercings?

While most tattoo and piercing studios adhere to high standards of infection control, some may inadvertently expose clients to hepatitis C via contaminated inks, needles or other equipment.

YES NO

Have you ever been accidentally stuck with a needle or syringe?

Needlestick injuries, particularly for emergency personnel or health care providers, can be a potential source of exposure to hepatitis C.

YES NO

Have you shared personal care items such as razors, toothbrushes or nail clippers?

It only takes a trace amount of blood to transmit the hepatitis C virus, so if you have shared personal care items with someone who has hepatitis C, you could be at risk.

YES NO

To your knowledge, have you ever had a sexual partner with hepatitis C? Or have you had multiple sexual partners?

While hepatitis C is not commonly spread via sex, you could be at risk if your partner is infected with the virus and you engage in any sexual activities that might lead to bleeding.

YES NO

Did your mother have hepatitis C when you were born?

Although not common, hepatitis C can be transmitted from mother to child during childbirth.

YES NO

Are you experiencing any unexplained signs or symptoms such as nausea, fatigue, reduced appetite, jaundice, dark urine or abdominal pain?

Hepatitis C often will not trigger symptoms until it reaches an advanced stage. Symptoms can be vague and often confused with other illnesses such as the flu.

If you answered 'yes' to one or more of the questions above, talk to your doctor about getting tested for hepatitis C.

If you do not have a family doctor, you can ask for a hepatitis C test at a community or walk in clinic or visit liver.ca/findafamilydoctor for recommendations on how to find a family doctor.

To learn more about hepatitis C including testing, visit liver.ca/hepc or contact the CLF at liver.ca, 1-800-563-5483 or email clf@liver.ca.