

Transmission and Symptoms

Who is at risk?

- People with HIV infection.
- Current or former users of injection drugs. Even someone who only used once.
- People with selected medical conditions, like hemodialysis.
- People who received blood transfusions or organ transplants.
- People who took clotting factor medicine before 1987.
- Anyone exposed to HCV positive blood.
- People who got tattooed or pierced outside of a licensed business.
- Health care, emergency medical, and public safety personnel after exposure.
- Children born to mothers with hepatitis C.



Hepatitis C

Education, Treatment, Resources

Symptoms

Many people with hepatitis C do not have symptoms and do not know they are infected. Some symptoms include:

- yellow skin or eyes
- not wanting to eat
- upset stomach
- throwing up
- stomach pain
- fever
- dark urine
- light-colored poop
- joint pain
- feeling tired

How is hepatitis C spread?

Common ways of spread:

- Needle Sharing
- Dirty Syringes
- Using contaminated things
- When an infected mother gives birth.

Less common ways of spread:

- Sex with a person infected with hepatitis C
- Sharing personal items that contain infectious blood, like razors or toothbrushes
- Other healthcare procedures that involve invasive things like injections
- Tattoos and piercings

Resources

UHA Hepatitis C Case Manager

Cheri Hostkoetter BSRC, RRT
541-464-4413
chostkoetter@umpquahealth.com

UHA Hepatitis C Specialist

Amy Vanpelt
541-464-4941
avanpelt@umpquahealth.com

UHA Pharmacy Team

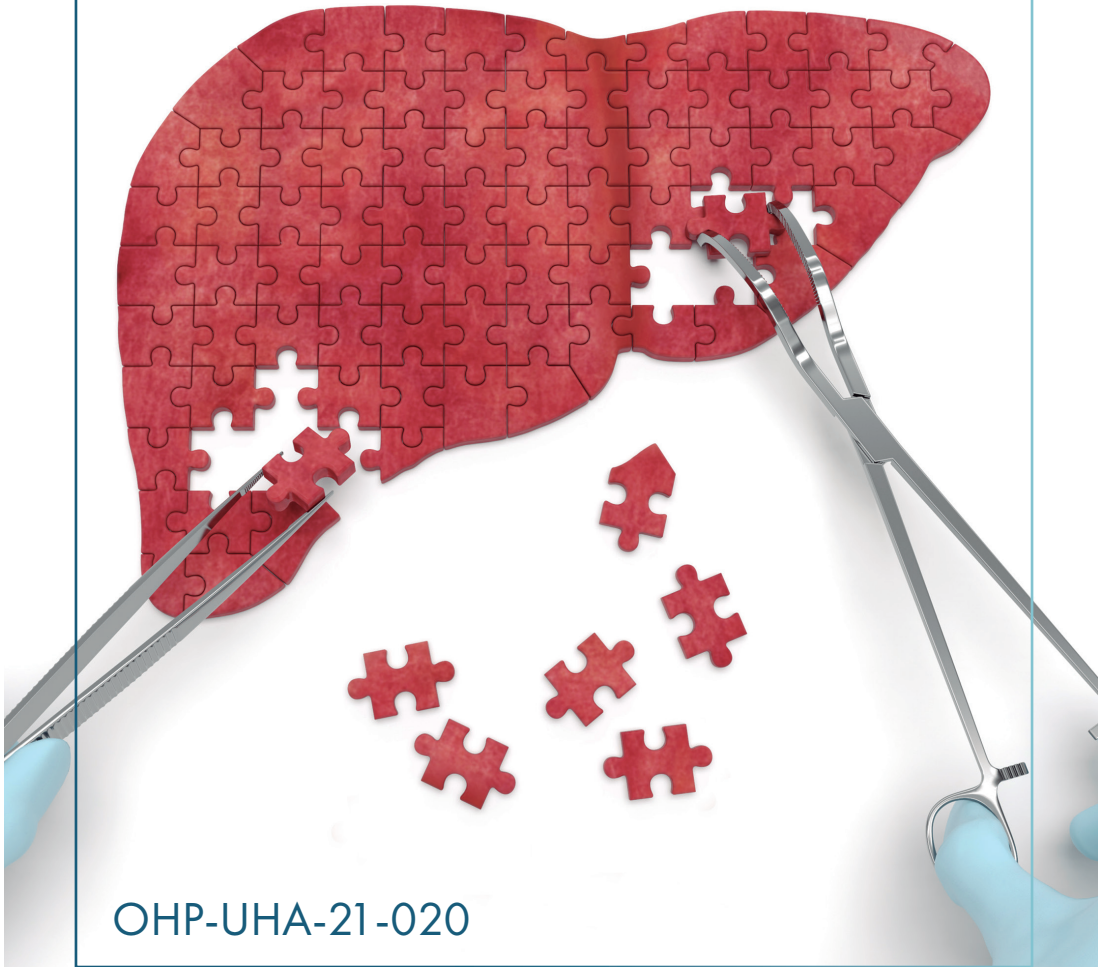
UHPharmacyServices@
UmpquaHealth.com
Phone: 541-229-7088

US BIO SERVICES SPECIALTY PHARMACY

877-391-1103
* US BIO SERVICES will contact you to schedule delivery of your prescriptions

Puede obtener esta carta en otro idioma, formato, letra grande o servicios de interpretación sin costo para usted. Llame al 541-229-4842 (TTY 711).

If you need another language, large print, Braille, CD, tape or another format, call Member Services at (541) 229-4842 or TTY 711.





What is Hepatitis C?

Hepatitis means inflamed liver. The liver is a vital organ. It processes nutrients, filters blood, and fights infection. When the liver is inflamed it does not work right. Heavy alcohol use, drugs, some medicine, and certain medical conditions can cause hepatitis. Most of the time it is caused by a virus.

The most common types of viral hepatitis are hepatitis A, B, and C. All types can cause similar symptoms. Types are spread in different ways and have different treatments. Some types are more serious than others.

Hepatitis C is a viral infection that causes liver disease. It causes a very mild reaction with few or no symptoms. It can also cause serious illness which can put you in the hospital. Less than half of people in the first 6 months of infection are considered “cured” without treatment. Most people develop a lifelong infection. Untreated virus infections can cause serious health problems like liver damage, failure, cancer, and even death. Continued inflammation can cause cirrhosis, a late state of liver scarring, which cannot be fixed.

How Do People Get Hepatitis C?

- Sharing needles
- Blood to blood contact
- Unprotected sex with infected persons



Talk to Your Doctor

If you have hepatitis C you should be seeing your doctor and getting your liver health checked. Hepatitis C progresses slowly. Regular visits with your doctor can reduce issues before things get worse.



Testing, Prevention, and Treatment

Getting tested is the only way to know if you have hepatitis C.

A blood test can tell if you were exposed to the hepatitis C virus. Another blood test can tell if you are currently infected or if you were infected in the past and got rid of the virus on your own.

Hepatitis C can be a short-term illness. For most people it leads to a lifelong illness. Treatment can cure you of this virus.

Early diagnosis can help stop health problems that can happen from infection and help stop the spread of the virus from person to person. **All pregnant women, and people with risk factors should get tested.**

How to prevent hepatitis C:

There is no vaccine against hepatitis C. Protection against the virus involves reducing the risk of contact with the virus. High risk settings include active drug users, men who have sex with men, those infected with HIV, and those who are taking medicine to help protect against HIV.

Hepatitis C can be treated and cured!

Almost everyone living with hepatitis C can now be cured with a one-pill-a-day treatment plan. These medications are effective. See your doctor to talk about your options.

Medications

About Epclusa

1 pill once daily for 12 weeks

Time sensitive—take at the same time every day

Labs due weeks 4, 8, and 12

Epclusa contains a combination drug. Sofosbuvir and velpatasvir are antiviral medications that help stop the virus from multiplying. Epclusa is used to treat chronic Hepatitis C for adults and children 3 years +. The dose is based on weight. Epclusa treats specific genotypes of hepatitis C and can only be used for certain people.

Take only the medications prescribed to you. **People who are still able to become pregnant must be on birth control while on this medication.**

Tips:

- Do not stop your treatment for any reason unless your doctor tells you to.
- You can feel tiredness, headaches, and diarrhea, but most patients do not have any symptoms. Tell your doctor and nurse how you are feeling.
- Do not take extra doses of medicine if you forget a day. Use reminders and alarms to help you remember to take the medication. Take at the same time every day.
- Take this medication by mouth with or without food as directed by your doctor. Children’s dosage is based on age and weight.

About Mavyret

3 pills once daily for 8 weeks

Time sensitive—take at the same time every day

Labs due weeks 4 and 8

This medication is a combination drug. It is used to treat long-lasting hepatitis C. Glecaprevir and pibrentasvir work by cutting down the amount of hepatitis C virus in your body. This helps your immune system fight the infection and can help your liver get better.

Take only the medications prescribed to you. **People who are still able to become pregnant must be on birth control while on this medication.**

Tips:

- Do not stop your treatment for any reason unless your doctor tells you too
- You can feel tiredness, headaches, and diarrhea, but most people do not have any symptoms. It is important that your doctor and nurse know how you are feeling.
- Do not take two doses of medicine if you forget a day. Use reminders and alarms to help you remember take your medication. Take at the same time every day.
- Take this medication by mouth with food as directed by your doctor.