

# Hygiene Items and HCV

## EASY C FACTS

Hepatitis C (HCV or Hep C for short) is spread by direct blood-to-blood contact. This means that in order to get or give HCV the blood from someone with hepatitis C would have to get into the bloodstream (cut or open wound) of someone else.

Many people are very worried about getting or giving hepatitis C to others that they live with. However, it would be very hard to give or get HCV unless there is direct blood-to-blood contact. Things like razors, toothbrushes, nail clippers and other personal

hygiene items can spread HCV, but it is difficult to do so.

For example, in order for someone to get HCV from a toothbrush there would have to be blood from someone who has HCV on the toothbrush – then someone would have to take that same toothbrush and brush their teeth. Next there would have to be an open cut or wound in the mouth for the HCV infected blood to get into the bloodstream. The bottom line is that this just doesn't happen very easily. In fact, there has never been a proven case of this happening.

### ***Keep it safe:***

- ◆ Even though the risk is very low it is still important to be careful to make sure that others in the house are protected.
- ◆ Cover all toothbrushes, razor blades, nail clippers or any item that might have blood on it – even if you can't see it.
- ◆ Keep all personal hygiene items away from other people's hygiene items.

### ***Remember.....***

- ◆ HCV is not spread by casual contact such as hugging, sharing eating utensils, food or water.

[www.hcvadvocate.org](http://www.hcvadvocate.org)