

## HCV and the Transgender Population

Hepatitis C (Hep C or HCV for short) is spread when someone's Hep C infected blood comes into contact with someone else's blood. If you are a transgender person, you should be tested if you have ever shared equipment (needles, cookers, cottons, water, etc.) to inject silicone, drugs, hormones, or vitamins or got an unsafe tattoo or piercing, which is another way to get Hep C. People can also get hepatitis C from having sex with someone who is infected with hepatitis C, but this doesn't happen very often unless there is blood during sex. If you ever had surgery requiring a blood transfusion or had an organ transplant before 1992 you should also be tested.

### *If you have Hep C there are many things that you can do to stay healthy including:*

- ◆ *See your doctor or nurse on a regular basis about your Hep C and ask about the medicines you can take that may cure Hep C*
- ◆ *If you take silicone and hormones—be sure to get them from a doctor. Don't take street silicone or hormones—they may be cheaper but they may cause serious problems*
- ◆ *Do not share any supplies or equipment for injecting hormones, silicone, drugs, or vitamins*
- ◆ *Get vaccinated against hepatitis A and hepatitis B if you are not already protected*
- ◆ *Eat a healthy diet and try to exercise everyday*
- ◆ *Avoid alcohol or cut back on the amount of alcohol you drink*

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

