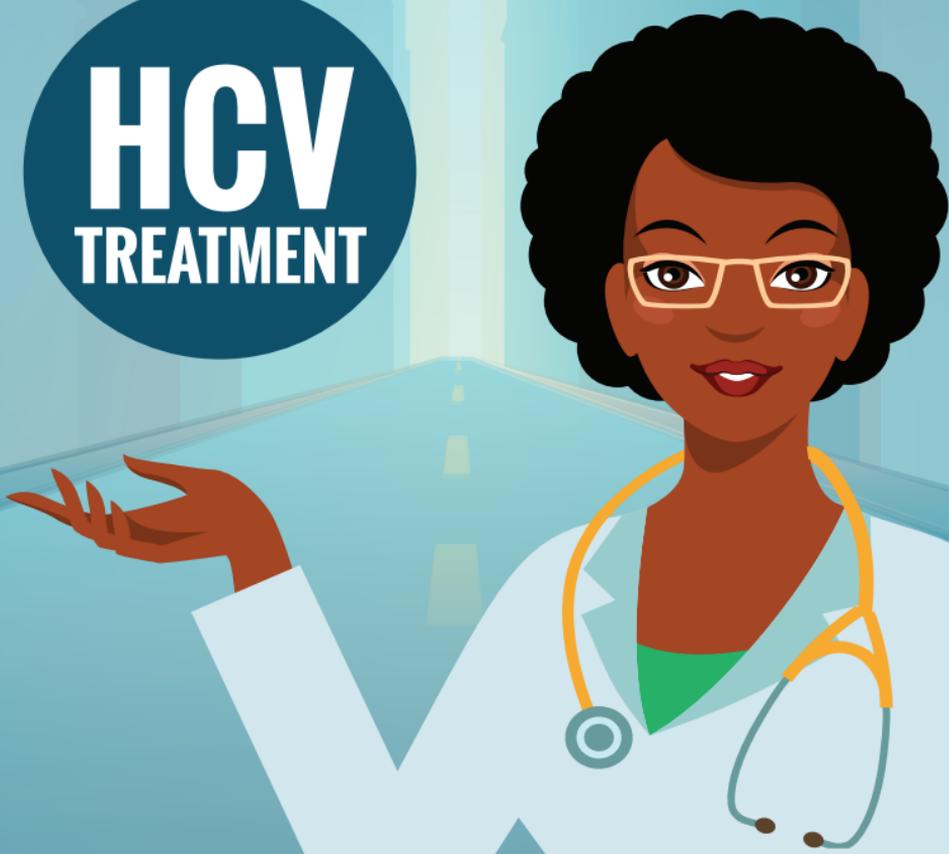


**A guide for people on
Hepatitis C
Treatment**

By now, you have started treatment for hepatitis C (also called “hep C” or “HCV”). It is very important to keep up with your treatment. If you continue to take your medicine when you’re supposed to, your hepatitis C can be cured.

HCV TREATMENT



HOW TO MAKE TREATMENT WORK BEST

Keep your hep C medicine with you.

Keep your hep C medicine in its original package and bring it with you to your medical appointment.

If you are going to a shelter, tell the Intake Coordinator and Case Manager you have medicine you are taking.

They can help make sure your medicine is safely stored.



Do not miss any doses.

Take your hep C medicine when you are supposed to.



Call 1-855-355-5777 soon after release to make sure your Medicaid is active.

Keep your medical appointments.

The nurse made an appointment for you to see a doctor after release.

If you have to cancel your appointment, call as soon as possible to make a new appointment.



Keeping appointments isn't always easy-if you need help, talk to your Parole Officer if you have one.



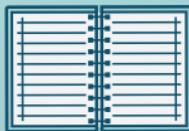
If you are going to a shelter, tell the Intake Coordinator and Case Manager about your medical appointment.



They can help you keep your appointment.

Keep a journal of side effects or discomforts.

Tell your doctor about them at your next appointment.



Make healthy choices. Help protect your liver.

Avoid alcohol.
If you have hepatitis C,
alcohol is your enemy.



If you get a tattoo,
use a licensed artist
with good reviews.



Eat healthy (limit sugar,
salt, and fat), exercise,
and get enough rest.



Practice safer sex—
use condoms or
other barriers
(dental dams, gloves).



Get treated for any
STDs or HIV.



Make sure you are
vaccinated against
hepatitis A and B.

Prevent hep C re-infection.

Even if your hep C infection is cured, it is possible to get infected again (called “re-infection”).

Hep C is spread mainly by contact with infected blood.

If you use illegal drugs, the best choice is to stop. If you are going to use, do it as safely as you can.

If you inject drugs, don't share needles or any other injection equipment (syringes, cotton, cooker, water, etc.).

If you snort drugs, don't share equipment and avoid using pointy cut straws or sharp knives or objects.

Don't share personal care items that may have blood on them such as razors, toothbrushes, or nail clippers.



Information & Resources

In your discharge packet, you should have received the booklet *Hepatitis C: Screening, Diagnosis, and Linkage to Care* for more information, or visit: health.ny.gov/diseases/communicable/hepatitis/

For information about hepatitis C, call:

New York State Hepatitis C Information Line:
1-800-522-5006

New York City: Call 311

Call these numbers to get help staying off drugs and alcohol:

The New York State Office of Alcohol and Substance Abuse Services (OASAS): 1-877-846-7369
Monday-Friday, 9AM-5PM. Ask for drug treatment programs near you.

In New York City, call 1-800-543-3638. You can call this number any time of day, every day of the week.

Call 1-800-541-2437 to find a syringe exchange program or a pharmacy that sells needles.

If you see an overdose, call 911.



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