



# Hepatitis C and LGBTQ+ Health

## TIPS FOR LGBTQ+ COMMUNITY MEMBERS

### Hep C is a serious, but curable liver disease.



Hep C can live on surfaces for several weeks.

Sexual transmission of hep C is a complicated topic, and we're still learning more about it. LGBTQ+ individuals are no more at risk for getting hep C than anyone else. Hep C is more about what you do than your sexuality or gender identity.

### Protect yourself and your community.

- Although not common, hep C can be spread during sex with partners where blood may be involved.
- Get tested as needed.
 

Once you test positive for hepatitis C, you will always have hep C antibodies, even if your body is able to fight off the infection or you get treated and cured. Ask for a hep C test that looks for the virus itself (called a PCR or RNA test) to know if the virus is active in your body. You're never immune to hep C.

If you're living with HIV or have a sexually transmitted infection, you are more at risk for getting hep C through sex. If you have HIV, take PrEP, or inject (drugs, silicone, hormones, or vitamins), get tested once a year.
- Get vaccinated for hep A and B.
- See a doctor. Hep C can be cured in 8–12 weeks.
- Avoid alcohol or cut back.
- Go to a state-licensed tattoo/piercing pro.

### HEP C IS SPREAD BY SHARING THESE ITEMS:

needles



cookers



straws



used pipes



### PROTECT THE SPREAD OF HEP C DURING BLOOD-TO-BLOOD CONTACT BY:

using condoms



using your own sex toys



**wearing gloves for fisting**  
No gloves? Keep nails smooth and check hands for cuts/bleeding cuticles

