

Stepping on a used syringe

IT DEPENDS

Some people have been infected this way, but it is very uncommon occurrence.

- The chance of transmission depends on how long ago the syringe was used, the size of the needle, and how deeply the needle went into the person's foot.

Licking the puncture site after injecting

LOW CHANCE

- Licking the puncture site does not put someone at risk for hepatitis C, but it does increase the chance of getting an infection.

Injecting into hard-to-find veins

HIGHER CHANCE

- Injecting with hard-to-find veins means there is a greater chance of blood being present.
- It also means there is a higher chance of damaging the veins or getting a non-viral infection.

Getting a tattoo from a friend who has a professional tattoo gun

HIGHER CHANCE

- Needles, ink pots and unsterile surfaces make it easy to transmit hepatitis C.
- Professional tattoo guns are nearly impossible to sterilize without an autoclave.

## Sex during Menstruation

### IT ALL DEPENDS

- It all depends if there are open wounds. Menstrual blood carries the virus, but it still has to enter another person's bloodstream.
- If a woman has hepatitis C, it is recommended that she does not have unprotected sex when menstruating.

## Mother to baby during childbirth

### LOW CHANCE

- If a woman has hepatitis C, there is a 3-5% chance that she will transmit the virus to her baby during childbirth. The risk increases if the mom is co-infected with HIV.

## Cosmetic practices - like going to a nail salon or Botox injections

### IT ALL DEPENDS/LOW CHANCE

- It all depends if there is blood and broken skin.
- It is always acceptable to do your own detective work. Ask questions about how they sterilize the equipment.

## Injecting drugs when experiencing withdrawal symptoms

### HIGHER CHANCE

- It all depends if the people inject safely.
- People are less likely to use sterile injecting equipment because there is an overwhelming desire to inject as fast as possible.

Sharing a syringe to inject with someone who says they don't have hepatitis C

HIGH CHANCE

- The other person may not know if they have hepatitis C.
- A person cannot tell if someone has the virus by looking at them and trust is not a prevention strategy.

Mosquito bite or animal bite

NO CHANCE

- Insects and animals do not carry the hepatitis C virus so there is no chance of transmission

Sharing forks, spoons or knives

NO CHANCE

- Remember, hepatitis C is not transmitted by saliva - just blood-to-blood contact.

Only injecting drugs once

IT ALL DEPENDS

- It all depends if you share equipment and if sharing, where in line you were

Working with  
someone who  
has hepatitis C

NO CHANCE

- Workplaces should treat all blood like it is infectious.
- If someone has hepatitis C, they are not required by law to disclose their status.

Injecting drugs  
in a group  
when you are high

HIGH CHANCE

- The people in the group may be unaware of what is going on if they are high enough.
- It is easy loose track of whose equipment is whose and there may be accidental contamination of the drugs.

Sharing straws  
or bills to snort  
drugs

IT DEPENDS

- There may be blood on the straw or bill because the nose bleeds easily.
- The more snorting the more likely it is for there to be blood.

Being injected  
by someone  
who has injected  
drugs for years

IT DEPENDS

- It all depends what the person does.
- A long history of injecting does not mean they know how to be safe.

## Sharing a toothbrush

### LOW CHANCE

- Blood can get on the toothbrush if a person's gums are bloody due to gingivitis or an infection.
- You do not have to be able to see the blood for it to be present.

## Kissing someone who has chapped lips

### EXTREMELY LOW CHANCE

- \_ Remember, the infected blood has to enter your blood stream. Both people's lips would have to be bleeding

## Getting a tattoo from a licensed parlor

### NO CHANCE OR IT ALL DEPENDS

- Licensed does not mean that the artists are well-trained or follow infection control practices. Not all areas have laws requiring parlors to be safe.
- Be your own detective by asking questions about how they protect you from viruses.

## Vaginal sex

### LOW CHANCE

- There is no chance of getting hepatitis C unless there is blood and broken skin.
- Using a condom and/or lube when engaging in vaginal intercourse is recommended.

# Anal sex

## IT ALL DEPENDS/ HIGHER CHANCE

- It all depends if lube and condoms are used.
- Lube makes it more difficult for the anus to tear and condoms create a barrier between the people.
- More than one person has to be bleeding for transmission to occur.

# Using someone's Razor or nail clippers

## LOW CHANCE

- There is a low chance of transmission if these items are shared. Both users would have to cut themselves
- You don't have to be able to see the blood so be mindful about using other people's things.

# Sharing a cooker or spoon to mix drugs

## HIGH CHANCE

- It is easy to get traces of blood in the drug mix if someone injects from the same cooker or spoon more than once.
- It is safest for people to have clean and sterile cookers or spoons and their own syringes.

# Breast feeding

## EXTREMELY LOW RISK

- Transmission can occur, but the mother has to have cracked nipples and the baby has to have cuts in its mouth.
- If a mother has hepatitis C, she should watch out for cracked nipples especially when the baby is teething.

## **Directions**

Hand out the risk factor cards to half the group and the answer cards to the other half. Depending on the size of the group and space, you can either have them walk around to find their match or just stay sitting and read them out.

If you do not use the entire deck of cards, please make sure you have the right Answer cards to match each of the Risk cards.