

Ibintu by'ingenzi ukwiye kwibuka:

- Imiti igomba gufatwa buri munsu kandi ntushobora gusangira imiti n'abandi bantu.
- **Uzakenera kwipimisha amaraso nyuma y'ibyumweru 4 urangije imiti kugirango umenye ko wakize.**
- Niba ufite cirrhose y'umwijima uzaganira na muganga wawe akubwire niba hari ibyo ukwiye gukora cyangwa guhindura mu mibereho yawe kandi akwohereze ku muganga w'inzobere mu buvuzi bw'umwijima kugirango agukurikirane.
- Ushobora kongera kwandura Hepatite C. **Hepatite C nta rukingo ifite**, ugomba rero kwirinda guhura n'amaraso, urugero:
 - Irinde ko amaraso yawe yahura n'amaraso y'abandi bantu.
 - Wagombye kwirinda gukoresha inzembe, uburoso bw'amenyo n'inshinge byakoreshejwe n'abandi.
 - Pfuka ibikomere cyangwa ibisebe byawe ukoresheje ibipfuko byabugenewe, kandi wambare uturindantoki mu gihe uhanagura ahari amaraso.
 - Mu gihe uri mu mahanga ugashaka kwivuza, gutunganya ibibazo by'amenyo, kwishyirishaho ibishushanyo ku mubili bapfumura uruhu kimwe na acupuncture, kugirango utanduzwa n'amaraso y'abandi bantu, banza ubaze niba bubahiriza neza ibisabwa mu kurinda indwara zandura.

Important things to remember:

- The medication must be taken every day and you cannot share your medication with other people.
- **You will need a blood test 3 months after your treatment has finished. This will tell you if you have been cured.**
- If you have liver cirrhosis your GP will discuss with you any lifestyle changes you may need to do, and refer you to a liver specialist for follow up.
- You can be re-infected with Hepatitis C. **There is no Hepatitis C vaccine** therefore you need to avoid blood contact, for example:
 - Do not have contact with anyone else's blood. You should not share razors, toothbrushes or needles.
 - Cover your cuts or wounds using band aids, and wear gloves to clean blood.
 - If having medical or dental procedures overseas, check that there is good infection control to prevent you from being infected by blood from another person.



Dushakire

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Aka gatabo kanditswe na ECCQ itewe inkunga na QLD Health Gasubiwemo muri Mutarama 2023

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Indwara y'umwijima

Liver Disease

Indwara ya hepatitis C

Hepatitis C



Wowe n'umuryango wawe mwipimishije Hepatite C?

Wari ubizi? Hepatite C n'indwara y'umwijima iterwa na virusi yo mu bwoko bwa C. Abantu barwaye Hepatite C akenshi ntibasa n'abarwaye nta n'ububabare bumva.

Hepatite C yandulira mu maraso gusa; amaraso y'utayirwaye ahuye n'ayuyirwaye harimo n'ibikoresho bitakorewe isuku yabugenewe, nk'ibikoreshwa kwa muganga, mu menyo, mu gushushanya ku mubili kimwe n'ibikoreshwa mu mico n'imihango gakondo igihe cyose bapfumura uruhu, ariko ntiyandulira mu nzira zisanzwe zo gusabana nko gusangira ibiryo, guhana ibiganza, gusomana, guhoberana, kwitsamura, gukoresha ibikombe bimwe n'ibindi.

Hepatite C itavuwe ishobora gutera cirrhose y'umwijima, kanseri y'umwijima n'urupfu.

Have you and your family been tested for Hepatitis C?

Did you know? Hepatitis C is a liver disease caused by the Hepatitis C virus. People with Hepatitis C often don't look or feel sick. You can only get Hepatitis C from blood to blood contact, including unsterile medical equipment, but **NOT** from social contact such as sharing food, shaking hands, kissing, cuddling, sneezing, sharing cups, etc.

Untreated Hepatitis C can cause liver cirrhosis, liver cancer and death.

Wakora iki?

- Bonana na muganga wawe, umusabe kwipimisha amaraso kugirango umenye niba waranduye Hepatite C.
- Niba ufite Hepatite C, muganga w'umuryango, umuganga w'inzobere mu buvuzi bw'umwijima kimwe n'umuforomo wemewe wabihuguwemo bashobora gutangira gahunda yo kukuvura.
- Mbere y'uko utangira gufata imiti, Uzakenera gukoresha ibindi bizamini, harimo n'icya hepatite B.
- Kuyivura biroroshye, ku bantu benshi bifata amezi 2 cyangwa 3 gusa.
- Iyo miti igira ingaruka nke cyane ku mubili w'umuntu, kandi abantu barenga 95% iyo barangije imiti barakira.

Kuvuza Hepatite C bisaba angahe?

- Leta ya Australia itera inkunga ubuvuzi bwa Hepatite C.
- Niba ufite ikarita ya Medicare kwivuza bizatwara amadorari ari muni ya 100 kandi niba ufite ikarita yemewe (nk'ikarita yabageze mu zabukuru cyangwa Ikarita y'Ubuzima), kwivuza bizatwara amadorari ari muni ya 25.
- Niba udafite ikarita ya Medicare ntushobora kubona kuri iyo miti leta yateyemo inkunga, ushobora kugura imiti uyitumije ukoresheje urubuga nka www.fixhepc.com.

What can you do?

- See your GP and ask for a **Hepatitis C blood test** to find out if you have it.
- If you have Hepatitis C, your GP or a liver specialist can arrange for treatment, which can **cure** over 95% of people.
- You will need to have further tests, including hepatitis B, before you can be treated.
- Treatment is easy, for most people taking only 2 or 3 months.
- The treatment has very few side effects, and more than 95% of people will be **cured** after finishing treatment.

How much does treatment for Hepatitis C cost?

- Treatment for Hepatitis C is funded by the government in Australia.
- **If you have a Medicare Card it will cost less than \$100 for the treatment and if you have a concession card (such as a Seniors Card or Health Care Card), it will cost less than \$25 for the treatment.**
- If you don't have a Medicare card you cannot get government funded Hepatitis C treatment, you may be able to purchase treatment online through sites such as www.fixhepc.com.