How is hepatitis C spread?

Hepatitis C is primarily transmitted through contact with infected blood. Chronic hepatitis C infection can lead to cirrhosis, liver cancer, or liver failure.

Sharing needles, syringes, and other injection drug equipment (such as cookers and cotton) can act as vectors for hepatitis C transmission.

Why are injection drug users at higher risk?

The primary driver of the increase in hepatitis C cases among young adults is sharing of injection drug equipment and the concurrent opiate and heroin epidemic.

Michigan data

From 2013 to 2016, there has been a 45 percent increase in the number of emergency department encounters of substance abuse in Michigan.

From 2002 to 2016, there was a 227 percent increase in heroin treatment admissions in Michigan—from 7,291 to 25,910 heroin treatment admissions.

84 percent of new chronic hepatitis C diagnoses in Michigan young adults in 2016 reported IV drug use.

In Michigan, in 2002, there were 65 deaths attributed to heroin overdose. In 2015, the number of heroin overdose deaths in Michigan increased to 644 deaths.

From 2002 to 2015, heroin overdose deaths increased by 891 percent in Michigan.

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The MDHHS Hepatitis website contains more resources and data on hepatitis in Michigan. www.michigan.gov/hepatitis
Michigan data (continued)

In 2000, there were 59 new chronic hepatitis C diagnoses among young adults in Michigan. In 2016, the number of new chronic hepatitis C diagnoses among young adults in Michigan increased to 2,060. From 2000 to 2016, new chronic hepatitis C diagnoses among young adults in Michigan increased by 3,392 percent.

National data

According to the Centers for Disease Control and Prevention, of the estimated 2.7 to 3.9 million people in the United States living with chronic hepatitis C infection, approximately 75 percent are undiagnosed.

One in three young adults that use IV drugs is infected with hepatitis C.

17 percent of new chronic hepatitis C diagnoses in Michigan in 2016 were aged 18 through 29 years.

53 percent of new chronic hepatitis C diagnoses in Michigan young adults in 2016 were male.

89 percent of new chronic hepatitis C diagnoses in Michigan young adults in 2016 were Caucasian.

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What is Hepatitis C?

Hepatitis C is a serious liver disease caused by the Hepatitis C virus. Some people get only a short term, or acute, infection and are able to clear the virus without treatment. If someone clears the virus, this usually happens within 6 months after infection. However, about 80% of people who get infected develop a chronic, or lifelong, infection. Over time, chronic Hepatitis C can cause serious health problems including liver damage, liver failure, and even liver cancer.

What are the symptoms?

Symptoms of Hepatitis C can include: fever, feeling tired, not wanting to eat, upset stomach, throwing up, dark urine, grey-colored stool, joint pain, and yellow skin and eyes. However, many people who get Hepatitis C do not have symptoms and do not know they are infected. If symptoms occur with acute infection, they can appear anytime from 2 weeks to 6 months after infection. Symptoms of chronic Hepatitis C can take decades to develop, and when symptoms do appear, they often are a sign of advanced liver disease.

Should I get tested?

Yes. If you have ever injected drugs, you should get tested for Hepatitis C. If you are currently injecting, talk to your doctor about how often you should be tested.

The Hepatitis C Antibody Test is a blood test that looks for antibodies to the Hepatitis C virus. A reactive or positive Hepatitis C Antibody Test means that a person has been infected at some point in time. Unlike HIV, a reactive antibody test does not necessarily mean a person still has Hepatitis C. An additional blood test called a RNA test is needed to determine if a person is currently infected with Hepatitis C.

How is Hepatitis C spread among people who inject drugs?

The Hepatitis C virus is very infectious and can easily spread when a person comes into contact with surfaces, equipment, or objects that are contaminated with infected blood, even in amounts too small to see. The virus can survive on dry surfaces and equipment for up to 6 weeks. People who inject drugs can get Hepatitis C from:

- **Needles & Syringes.** Sharing or reusing needles and syringes increases the chance of spreading the Hepatitis C virus. Syringes with detachable needles increase this risk even more because they can retain more blood after they are used than syringes with fixed-needles.

- **Preparation Equipment.** Any equipment, such as cookers, cottons, water, ties, and alcohol swabs, can easily become contaminated during the drug preparation process.

- **Fingers.** Fingers that come into contact with infected blood can spread Hepatitis C. Blood on fingers and hands can contaminate the injection site, cottons, cookers, ties, and swabs.

- **Surfaces.** Hepatitis C can spread when blood from an infected person contaminates a surface and then that surface is reused by another person to prepare injection equipment.

Continued on next page
Are there other ways Hepatitis C can spread?

Hepatitis C can also spread when tattoo, piercing, or cutting equipment is contaminated with the Hepatitis C virus and used on another person. Although rare, Hepatitis C can be spread through sex. Hepatitis C seems to be more easily spread through sex when a person has HIV or a STD. People who have rough sex or numerous sex partners are at higher risk of getting Hepatitis C. Hepatitis C can also be spread from a pregnant woman to her baby.

Can Hepatitis C be prevented?

Yes. The best way to prevent Hepatitis C is to stop injecting. Drug treatment, including methadone or buprenorphine, can lower your risk for Hepatitis C since there will no longer be a need to inject.

However, if you are unable or unwilling to stop injecting drugs, there are steps you can take to reduce the risk of becoming infected.

- **Do not** share any equipment used to inject drugs with another person.
- **Always** use new, sterile needles, syringes and preparation equipment—cookers, cottons, water, ties, and alcohol swabs—for each injection.
- Set up a clean surface **before** placing down your injection equipment.
- **Do not** divide and share drug solution with equipment that has already been used.
- Avoid using syringes with detachable needles to reduce the amount of blood remaining in the syringe after injecting.
- Thoroughly wash hands with soap and water **before and after** injecting to remove blood or germs.
- Clean injection site with alcohol or soap and water **prior** to injecting.
- Apply pressure to injection site with a sterile pad to stop any bleeding after injecting.
- Only handle your own injection equipment. If you do inject with other people, separate your equipment from others to avoid accidental sharing.

Use new syringes and equipment with every injection.

The Hepatitis C virus is difficult to kill. The best way to prevent Hepatitis C is to use new, sterile syringes and equipment with every injection. If using a new syringe is not possible, bleach has been found to kill the Hepatitis C virus in syringes when used as a solution of one part bleach to 10 parts water for two minutes. Bleach, however, may not be effective when used to clean other types of equipment used to prepare or inject drugs. Although boiling, burning, or using common cleaning fluids, alcohol, or peroxide can reduce the amount of virus, this may **not** prevent you from getting infected. Cleaning previously used equipment and syringes should only be done if new, sterile equipment is not available.

Can Hepatitis C be treated?

Yes. New and improved treatments are available that can cure most people with Hepatitis C. Most of the new treatments are taken as pills and do not require interferon injections. However, treatment for Hepatitis C depends on many different factors, so it is important to talk to a doctor about options.

Can someone get re-infected with Hepatitis C?

Yes. Someone who clears the virus, either on their own or from successful treatment, can become infected again.

Does injecting put you at risk for other types of hepatitis?

Yes. People who inject are more likely to get Hepatitis A and Hepatitis B. Getting vaccinated for Hepatitis A and B will prevent these types of hepatitis. There is currently no vaccine for Hepatitis C.

For More Information

Talk to your health professional, call your health department, or visit [www.cdc.gov/hepatitis](http://www.cdc.gov/hepatitis).

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