

HEP C

Tân'si. Yohtîna lapohrrt, pihtikwî tawâw. Miyösin î takohtiyin ôta. Kwayes miyösin'wa mâna sâkihitowin, sîtoskâtowin, nâkatîm'towin, mîna wîcihitowin. Kwayes kî wîcihitowak âpihtaw'kosânak, mâmawi mâna kî wîkowak, kî mâcêwak, kî môcikihtâwak, kî miyo pimât'sowak. Anohc kik'skihtînw nânâtohk itowa macâs'pinêwina astêwa, êkwa î doktâr, maskihkîwînowak ayowâk ati kiskihtamwak. HIV, HEP C êkwa SYPHLIS isihkâtamwak. Nimwî ayowâk êkwa kostâtikwanwa anohc piyakwan kayahtî, î pilil astêwa mîna maskihkiya ta wîcihikoyin ta miyöyâyin. Mâmawi poko ta atoskâtama.	Hello and welcome. Open the door and come in, there is a lot of room, we are happy you have arrived here. Love, support, caring for each other, and helping one another are all very good things. The Métis or half breeds used to help each other a lot when they lived together. They hunted together, they had fun together, and they had a good life. We know that today there are many sexually transmitted infections out there, and healthcare providers are learning more. They call these HIV, hepatitis C, and Syphilis. Today these are not as dangerous as they were in the past, and there are medications to help you get well. We all have to work together. Our fellow people need to know this all and we have to help all those affected.
Nistam ta kiskihtamin • Hepatitis C ôma kâ isihkâtîk, animatowa man'côsis î misinawâcihtât oshkwan. Kîpsin nimwî kinâkatohkân, ôma Hep C kwayes ka ahkosîskâkon, oshkwanâspinêwin, mancôs kâyâwâw oshkwanihk, mîna kakî nakataskân. Mâka kiskihtâkwan ôma kakî nâtawihikawin kîspin Hep C kitayân. • HEP C ôma ki ohtihtikon kîspin kimiyöyân êkwa awiyak kâyât ôma HEP C omihkom kimîkawin. Mihcât kîkwaya astêwa ta wîcihikoyin kây ta kahcitinamin ahpô ta mîkiyin ôma HEP C. • nimwî kimôsihtân, kik'skihtînw, kîspin kitayân ôma HEP C, maskihkîwînow nidaw wâpamâ ta kihcinâhoyin. Ahkami ayamihcikî kîspin ayowâk kinohtî kiskihtînw ôma HEP C ohci.	Introduction • Hepatitis C is a virus that attacks the liver. When left untreated, hepatitis C can lead to serious health problems such as liver failure, liver cancer and early death. The good news is that hepatitis C can be cured! • Hepatitis C is passed when blood from a person with hepatitis C gets into the blood of someone without hepatitis C. There are many ways to prevent getting or passing hepatitis C. • The only way to know if you have hepatitis C is to get tested. Read on for answers to common questions about hepatitis C.

Kîkwêy mâka ôma HEP C?

Hepatitis C ôma kê isihkâtîk, animatowa man'côsis î misinawâcihtât oshkwan. Mihcât kîkwêy kimiyawihk itôtam ôma oshkwan. Ta miyôsik poko Oshkwan ta miyöyâin.

kîspin nimwî kinâtawihîn oshkwan, ôma HEP C ta misinawâcihtâw ati nîkân. ôma Hep C kwayes ka ahkosîskâkon, oshkwanâspinêwin, mancôs kâyâwâw oshkwanihk, mîna kakî nakataskân. Âta sohkan mâka kakî miyöyân.

What is hepatitis C?

Hepatitis C is a virus that attacks the liver, an organ that performs many important functions for the body. The liver is essential to good health.

If left untreated, hepatitis C injures the liver over time. This can lead to serious health problems such as liver failure, liver cancer and early death. **However, hepatitis C can be cured.**

Tân'sîsi mâka ay'sînô î ohtihtikot ôma HEP C êkwa tân'sîsi kakî kipihtinîn?

HEP C ôma ki ohtihtikon kîspin kimiyöyân êkwa awiyak kâyât ôma HEP C omihkom kimîkawin.

ôta kitaskînahk Canada, HEP C ôma mah mîtowak anikik kê mîmawi cîstahosotwâw, maci maskihkîsa kâpacihtâcik, wâwîs anihi î zikwî mâna kâpacihtâtwâw.

mîna HEP C ôma kakî âsôskâkân:

- tâpacihtâyin î wîpâtahkawâw anihi î cizikwî kê masinatahisocik ahpô atâm wasakahk kâstâcik kîkwaya.
- iskwêw kê ahcîsot asôskamowêw obîbîsima ahpô mîkwâc kê nihtâwakit bîbîsis.
- kê masowîhk (âta wahiyawîs astêw ta kahcitinamin, mâka kiyâpic kakî ahkosin; ayowâk ôma kostâtikwan mâna nâpêwak kê wihpîm'tocik).
- ta mîmawi âpacihtâyîk kâskipâsona, maskasî paskosikâkanisa, mîna kisîpîkinâpitêwakana.

nimwî êkwa HEP C kakî kacitinîn kîspin mihko kimîkawin ayis Maskihkêwînowak ôta Canada kî mâci kihcinâhowak namakîkwêy î

How does someone get hepatitis C and how can this be prevented?

Hepatitis C is passed when blood from a person with hepatitis C gets into the blood of someone without hepatitis C.

In Canada, hepatitis C is commonly passed through sharing drug use equipment, especially injection drug use equipment.

Hepatitis C can also be passed:

- through reusing unsterilized tattooing or body piercing equipment
- from a pregnant parent to a child during pregnancy or childbirth
- during sex (while the risk is very low, it is possible; this is more common among men who have sex with men)
- through sharing personal care items like razors, nail clippers and toothbrushes

Hepatitis C can no longer be passed through donated blood or tissue in Canada. Canada started testing donated blood and tissue for hepatitis C in 1992.

Hepatitis C is never passed by hugging, kissing or touching someone who has the

astîk ôma HEP C mihkohk, 1992 kê mâci kihcinâhocik. mwişkâc kakî kahcitinîn ôma HEP C kîspin kikaskitikwînâw, ki ocîmâw, ahpô kimâsihâw awiyak kâyat ôma ahkosowin. namakîkwêy astêwa maskihkîsa anihi vaccines kê isihkâtahkwâw ta nakina ôma HEP C, êkohci ôma poko ta piskihtamin, kwayes ta piskîm'soyin. Mihcât kîkwaya astêwa ta wîcihikoyin kâw ta kahcitinamin ôma HEP C: • kîspin kicîstahoson maci maskihkîsa ahci, piyako cîstahoso, mîna oskâyi lî zikwî tâpitaw âpacihtâ. • kîspin kipihtwân ahpô ki pihtikwî îhan maci maskihkîsa, piskihta, kiyâ poko kitâpacihcikana âpacihtâ. • tâpitaw âpacihtâ lî cirrabarr mâna kê mohkiciyin awiyak ahci. • kihcinâho, nâtawihikawi – miyöyâ pâmwîs ta ahcîsoyin. Ôma ta nakinam anima HEP C, nimwî bîbîsis kâsôskamowâw.	virus. There is no vaccine for hepatitis C so it's important to do what you can to prevent getting hepatitis C. There are many ways to prevent hepatitis C: • If you inject drugs, avoid sharing by using new equipment every time you inject drugs. • If you smoke or snort drugs, avoid sharing by using your own equipment every time you smoke or snort. • Use condoms the right way each time you have sex. • Get tested, treated and cured before becoming pregnant. This will prevent passing hepatitis C to your baby.
Tân'sîsi nakiskihtîn î pakam'skâkoyân ôma HEP C. Mihcât ay'sînô kâyatwâw ôma HEP C nimwî môsihtâwak mihcât askî, mâka kiyâpic ana man'côsis misinawâcihtâw oshkwan. Kakî pakam'skâkon ôma HEP C êkwa nimwî ahpô kik'skihtîn ahpô ka môsihtân. mwişkâc ka kiskihtîn î ayâyin ôma HEP C poko maskihkîwînô ta wâpamit êkwa ta kihcinâhocik. Kwîcimâ maskihkîwînô dân lapitâl ta miyis anima mâna kê kihcinâhotwâw kîspin HEP C kitayân. Kîsâc mîna kakî kihcinâhon kîspin kotakak macâspinêwina kitayân piyakwan gonorrhea, chlamydia, hepatitis B, HIV mîna	How do I know if I have hepatitis C? Most people who have hepatitis C do not have any symptoms for many years, even though the virus is active and injuring their liver. You can have hepatitis C and not know it. There is no mandatory hepatitis C testing when people apply for permanent residency in Canada. The only way to know if you have hepatitis C is to get tested. Ask a healthcare provider for a hepatitis C test. You may want to also get tested for other infections at the same time, like gonorrhea, chlamydia, hepatitis B, HIV and syphilis.

syphilis.	
Kakî miyöyân cî kîspin kipakam'skâkon HEP C? Tâpwî ayâyini ôma HEP C kakî miyöyân. Âtiht ay'sînô piyako namatakopayin anima virus kâ isihkâtîk nikotwâsik pîsim ohci kâ nâtauihiht, mâka osâm poko ta ahkami nâtauihiht ay'sînô pâmwîs ta miyöyât. HEP C ôma nâtauihowêwin ayowâk kiskihtamwak aspin ohci. Kâ nâtauihikawiyin, ayênânêw iskohk nîsosâp lasmen kici, êkwa nawac poko kahkiyaw awiyak miyöyâw, âskaw mîna kimâyiskâkon î pilil ahpô maskihkî mâka nimwî tâpitaw. kîspin kitayân ôma HEP C pîk'skwâtâ awiyak kâ atoskâta maskihkiya, ta wayasowâtamîk tân'sîsi ta nâtauihikawiyin. Wîpacîs ta mâcihtâyin, ta miyösin ôma ta miyöyâyin.	Can hepatitis C be cured? Hepatitis C can be cured! For some people the virus will go away on its own within the first six months, but most people need treatment to cure the infection. Hepatitis C treatment has come a long way. It involves taking treatment for eight or 12 weeks and cures almost everyone with hepatitis C with few, if any, side effects. If you have hepatitis C, speak to a healthcare provider about your treatment options. The earlier treatment is started the better it is for your health.
Kâwî cî na pakam'skâkon ôma HEP C? kîspin sâsêy kîkî ayân ôma HEP C, êkwa î miyöyâyin, nimwî kisîpinân. Kâwî kakî ahkosin kîspin ki mîkawin/ki nak'skamâson mihko sâsêy kâ astîk ôma HEP C. mâka kâwî kakî nâtauihikawin ta miyöyâyin	Can I get hepatitis C again? Having had hepatitis C does not make you immune. You can get hepatitis C again if you come into contact with blood containing hepatitis C again. The good news is that it can be treated and cured again!
Kîkwêy mâka ôhi HEP A êkwa HEP B? ôhi HEP A êkwa HEP B nimwî piyakwan ôma HEP C.	What are hepatitis A and B? Hepatitis A and B are different from hepatitis C. Hepatitis A is usually passed through water or food contaminated with fecal matter (poo). It

ôma HEP A kakahcitinîn kâ minihwiwin nipî ahpô mîcowin kâ misinawâcihta miyin ahci ahpô miyin kâstîk. Kakî kahcitinîn mîna kispin kisowâk kitayân awiyak kâyât ôma HEP A. Osâm poko kahkiyaw kâyâtaw ôma HEP A piyako miyôyâwak. Omisi kâ ispayik, anima sîpinêwin î ayâtaw, nimwî kihtwâm takî kahcitinamwak HEP A.

HEP B ôma kakî kahcitinîn/âsôskamâkân kîspin awiyak omihkom kimîkawin, nâpêw opâskisikêwinâpî, ahpô iskwêw lakoyârr osâpopêwin. HEP B mîna ôma bîbîsis takî kahcitinam mîkwâc kâ nihtâwakit. Mihcât ôkik ka kahcitinahkwâw ôma HEP B, piyako miyôyâwak mâna; kîsipêyiki ôma, nimwî kihtwâm HEP B takî ayâwak. Mâka âtiht ay'sînô ka ayât ôma HEP B, nimwî kî miyôyâw nawac poko oshkwan î ati misinawâta. Wâwîs anikik kâ kahcitinahkwâw kâ awâsisêwitwâw mâkohikwak ôma. HEP B ôma kitôshkwan ka mâci mâkohikon ati nîkân. Namakîkwêy maskihkî astêw ta nâtawiha ôma HEP B.

I'zikwî ahci ta cîstahokawiyin, vaccination isihkâtamwak, mâwaci î miyôsik kây ta kahcitinamin ôhi HEP A êkwa HEP B.

can also be passed through close contact with someone who has hepatitis A. Most people who get hepatitis A recover from it on their own. When this happens, they are immune to the virus and cannot get hepatitis A again.

Hepatitis B can be passed from one person to another through blood, semen or vaginal fluid. Hepatitis B can also be passed to a baby during childbirth. Most people who get hepatitis B recover on their own; after this, they cannot get hepatitis B again. However, some people with hepatitis B develop a chronic hepatitis B infection. This is more common in people who get hepatitis B when young. Chronic hepatitis B can lead to long-term liver problems. There is no cure for hepatitis B.

Vaccination is the best way to prevent both hepatitis A and hepatitis B.

Tântî mâka nikakî wîcihokawin HEP C kici?

pîk'skwâtâ maskihkîwînô kâ atoskâta ôma HEP C kihcinâhowin ahpô cî ta nâtawihikawiyin mîna ta piskîm'kawiyin.

natona ôta ta wîcihikoyin HEP C kici kisowâk êkota kâ wîkiyin, ôta itohtî dâl internet. <https://whereto.catie.ca>.

Where can I get hepatitis C services?

Speak to a healthcare provider about hepatitis C testing or to receive treatment and care for hepatitis C.

Find hepatitis C services in your area at <https://whereto.catie.ca>.