

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 lî doktârr,
maskihkiwînowak ayowâk ati
kiskihtamwak. HIV, HEP C êkwa SYPHLIS
isihkâtamwak.

Nimwî ayowâk êkwa kostâtikwanwa
anohc piyakwan kayahî, lî pilil astêwa
mîna maskihkiya ta wîcihikoyin ta
miyöyâyin. Mâmawi poko ta atoskâtama.

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

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.

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

HEP C omihkom kimîkawin. Mihcât kîkwaya astêwa ta wîcihikoyin kây ta kahcitinamin ahpô ta mîkiyin ôma HEP C.

- nimwî kimôsihtân, kik'skihtîn, kîspin kitayân ôma HEP C, maskihkîwînô nidaw wâpamâ ta kihcinâhoyin.

Ahkami ayamihcikî kîspin ayowâk kinohtî kiskihîtîn ôma HEP C ohci.

Kîkwêy mâka ôma HEP C?

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

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.

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.

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.

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.**

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:

ôta kitaskînahk Canada, HEP C ôma mah mîtowak anikik kâ mîmawi cîstahosotwâw, maci maskihkîsa kâpacihtâcik, wâwîs anihi lî zikwî mâna kâpacihtâtâw.

mîna HEP C ôma kakî âsôskâkân:

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

nimwî êkwa HEP C kakî kacitinîn kîspin mihko kimîkawin ayis Maskihkêwînôwak ôta Canada kî mâci kihcinâhowak namakîkwêy î astîk ôma HEP C mihkohk, 1992 kâ mâci kihcinâhocik.

mwihkâc kakî kahcitinîn ôma HEP C kîspin kikaskitikwînâw, ki ocîmâw, ahpô kimâsihâw awiyak kâyat ôma ahkosowin.

namakîkwêy astêwa maskihkîsa anihi vaccines kâ isihkâtahkâw ta nakina ôma HEP C, êkohci ôma poko ta piskihtamin, kwayes ta piskîm'soyin.

- 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 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.

Mihcât kîkwaya astêwa ta wîcihikoyin kây ta kahcitinamin ôma HEP C:

- kîspin kicîstahoson maci maskihkîsa ahci, piyako cîstahoso, mîna oskâyi lî zikwî tâpitaw âpacihtâ.
- kîspin kipihtwân ahpô ki pihtikwî îhân maci maskihkîsa, piskihta, kiyâ poko kitâpacihtikana 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.

Tân'sîsi nakiskihtîn î pakam'skâkoyân ôma HEP C.

Mihcât ay'sînô kâyâtwâw 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.**

mwihkâc 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

- 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.

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.

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

kitayân piyakwan gonorrhea, chlamydia, hepatitis B, HIV mîna 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 nâtaWihiht, mâka osâm poko ta ahkami nâtaWihiht ay'sînô pâmwîs ta miyöyât.

HEP C ôma nâtaWihowêwin ayowâk kiskihtamwak aspin ohci. Kâ nâtaWihihawiyin, ayênânêw iskohk nîsosâp lasmen kici, êkwa nawac poko kahkiyaw awiyak miyöyâw, âskaw mîna kimâyiskâkon lî pilil ahpô maskihkî mâka nimwî tâpitaw.

kîspin kitayân ôma HEP C pîk'skwâtâ awiyak kâ atoskâta maskihkiya, ta wayasowâtamîk tân'sîsi ta nâtaWihihawiyin. Wîpacîs ta mâcihtâyin, ta miyösin ôma ta miyöyâyin.

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.

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.**

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!

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 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

mâka kâwî kakî nâtawihikawin ta
miyöyâyin

Kîkwêy mâka ôhi HEP A êkwa HEP B?

ôhi HEP A êkwa HEP B nimwî piyakwan
ôma HEP C.

ôma HEP A kihakcitiñin kâ minihwiyin
nipî ahpô mîcowin kâ misinawâcihta
miyin ahci ahpô miyin kâstîk. Kakî
kahcitiñin mîna kispin kisowâk kitayân
awiyak kâyât ôma HEP A. Osâm poko
kahkiyaw kâyâtwâw ôma HEP A piyako
miyöyâwak. Omisi kâ ispayik, anima
sîpinêwin î ayâtwâw, nimwî kihtwâm takî
kahcitinamwak HEP A.

HEP B ôma kakî kahcitiñin/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
miyöyâwak mâna; kîsipêyiki ôma, nimwî
kihtwâm HEP B takî ayâwak. Mâka âtiht
ay'sînô ka ayât ôma HEP B, nimwî kî
miyöyâw 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.

**l'zikwî ahci ta cîstahokawiyin, vaccination
isihkâtamwak, mâwaci î miyösik kây ta**

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.**

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>.

kahcitinamin ôhi HEP A êkwa HEP B.

Tântî mâka nikakî wîcihokawin HEP C kici?

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

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