

oskonāhpinēwin | Hepatitis C

ōma pimācihowin, miyo pimātisiwin
kiyānow ōma, kasītoskamahk,
ka-kiskinohtahīyak, māka cīhkēyihtākwan
isiyīniw ka yōhtēnamaht iskwāhtēm,
ēkosi ōma ka-māmawi-atoskātamahk,
kā-wīcihiyak isiyīniwak.

This life, a good life, is our responsibility,
to support, to provide guidance, most
importantly to open the doorway that is
collectively working together in helping
our people.

paskwāwiḡiniw

- oskonāhpinēwin ōma manicōs
kā-nōcihetaht miskon.
oskonāhpinēwin isiyihkātēw.
- kīspin namōya kinākāhtōhkan,
kotakak āhkosiwin ka-nātiḡkwan,
tāpiskōc, pōni-ātoskēwmakan
miskon, miskon manicōs, ahpō
wīpac ta-pōni-pimātisin.
- maskihkiy itihtākwan
ka-nanātawihēwin.
- oskonāhpinēwin kakē āsōnāmākan
ki-mihko ohci, kakē āsōnamākēw
ayisinīwiw ka-ayāht
oskonāhpinēwin. maskihkiya
itihtākwan ka-nanātawihtāw
maskihkiy iḡiniw ekwa maskihikiy
atoskahākan.
- kīspin nōhtē kiskēyihten, kīspin
kitāḡkosin, maskihkiy iḡiniw ahpō
maskihkiy atoskahākan
ta-wāpamaht.

ayamihcikē kisipin nōhtē kiskēyiten ekwa

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,
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.

What is hepatitis C?

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

nōhtē kakwēcihkēmowin kikway oma
oskonāhpinēwin.

kikway oma oskonāhpinēwin?

oskonāhpinēwin awa mincōs,
ka-nōtināhk ekwa ka-misiwanāchitāht
miskon. miskon awa mistahi āpacišōw
miyaw kwayask kisi-atoskēmakahk.
miskon poko kwayask ka-nākāhtōhkēn
kīspin nōhtē miyo-ayān.

kīspin, nāmoya kinākāhtōhkan,
oskonāhpinēwin awa misiwanācihtāw
miskon. sōhki āhkosowin tāpiskōc:
ka-pōni-ātoskēwmakan miskon, miskon
manicōs ēkwa wīpac ka-pōni-pimātin.
māka, maskihikiy itihtākwān
ka-nanātawihkwēn.

tānisi kakē katinēn oskonāhpinēwin ēkwa tānisi kakwē nākinēn?

oskonāhpinēwin kakē āsōnāmākan mihko
ohci. iyīsiniw ka-ayāht oskonāhpinēwin,
kakē āsōnamākēw mihko ohci.

ōta askiy, oskonāhpinēwin
āsōnamākēwak ka-āpacihtācik
cīstahikana, ka-cīstowsochīk ēkwa
ka-māmawī āpacihtācik cīstahikana.

oskonāhpinēwin kakē āsōnāmākan:

- ka-kīhtwām āpacihtācikana tapiskoc
asāsowin ahpō sāpastahikēwina

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:

- 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

āpacihcikana

- onīkihikomāw ka-ayāwāwasow
ka-āsōnamawēw ocawāsīmisa
- ka-wīcēwtoht, ka-wihpēmitocik
iskwēw ēkwa nāpēw, wāwēs
nāpēwak ka-wīcēwaht kotak
nāpēwa
- ēkāwiya āpacihcikana
māmawi-āpacihtāhk, tapiskoc
kāskipāson, maskasiy
manisohikan, ēkwa
kisīpēkāpitēwākan

oskonāhpinēwin nāmoya ayiwāk kakē
āsōnāmahtohk mihko ohci ōta askiy,
Canada. Canada kwayask nakātōhtāhtam
ēkwa mihko ka-mihkihk ispi ōhci 1992.

nāmoya kakē āsōnākān oskonāhpinēwin
ka-ākwaskitinikēwin, ocēhtowin, ahpō
tēpiyāhk awiyak ka-sāminaht kīspin
kitayān oskonāhpinēwin.

nama kīkway itihtākwan maskihkiy
cīstahowin ohci oskonāhpinēwin. poko
ka-nātatēyihhtaman, nāmoya
ka-kahtinaman oskonāhpinēwin.

mistahi-kīkway itihtākwan kakwē
nakīnaman oskonāhpinēwin:

- kīspin kicīstowson, kāwiya
māmawi-āpacihtāhk ēkwa osk-āyi
āpacihcikana āpacihtahk
- kīspin kipīhtwān, kihtōhtaten
nāmoya ka-miyōsik maskihkiya
(drugs); ēkā māmawi āpacihtāhk

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.
- 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.

ohki āpacihcikana.

- aspimōchikan kwayask āpacihta tāpitaw kāwi-wīhpēmaht awiyak
- kīspin ayāwāwasow iskwēw, poko ta-wāpamaht maskihkiy iýiniw ahpō atoskahākan, ekāwiya āsōnamowat ocawāsimisa.

tānisi kiskēyihten kīspin kitayān oskonāhpinēwin?

mowac kiskēyihtam isiýiniw kīspin ayāw oma āhkosiwin. nama kīkway mōsihtāw tahto-kīsikaw ahpō tahto-askīwin. āhkosiwin kā-misiwanācitāw miskon.

ka-ayān āhkosiwin ēkwa namōya ta-kiskēyihten.

maskihkiy iýiniw ka-wāpamiht, ka-nanātawihow kīspin kitāhkosin.

kakwēcimāw maskihkiy iýiniw ka-ōtēnahk ki-mihkom kīspin kimāwēyihtēn āhkosin, ōki kotak āhkosowina: maci āhpinēwin ekwa iýiniw wahkēhpinēwin manicōs, mina ka-nitōnamowak

kakē nanātawihewitan cī oskonāhpinēwin?

oskonāhpinēwin kakē nanātawihewitan! ātiht ayisinīwiw sēmak miyo-ayāw, nama kīkway āhkosiwin miskam, sēmak maskihkiya poko kotinaman. pīhci

You can have hepatitis C and not know it.

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 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

nikotwāsik pīsīm, ātiht sēmak poko
ka-nanātwāhit.

mistahi āsay oskonāhpīnēwin maskihkiya
kitayānāw. poko ka-nanātwihewitan
ayinānēw ahpō nīsosāp kīsīkaw
kā-ispayik, kēkēc kahkiyaw miyo-ayāw
sēmak.

kīspin kiskēyihten ayān oskonāhpīnēwin,
pīkiskwās maskihkiy iýiniw. **kīspin sēmak
nanātwihēw, kwayask sēmak kati-miyo
ayān.**

kīhtwām cī āhkosowin kakē kāhcitinen?

kīspin pēyakwāw kāhcitinen
oskonāhpīnēwin, kīhtwām kakē
kāhcitinen kīspin awiyak oh mihko ohci
āsōnamāk ekwa āsay ka-ayāht
oskonāhpīnēwin

**poko kīhtwām maskihkiy iýiniw
ka-natāwihisk, ekwa kīhtwām kakē miyo
ayān!**

kīkway oma oskonāhpīnēwin Hep A ekwa B?

oma Hepatitis A ekwa Hepatitis B ekwa
Hepatitis C- pītos ōhki āhkosowina.

oskonāhpīnēwin Hepatitis A: kakē
āsōnamakān nipiyihk ohci, mīcowin
apischi mēyi takonikātēk. ekwa kakē
āsōnamakān kīspin awiyak kēhci
sāminaw, ta-iyāht āhkosiwin oma

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 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.**

hepatitis A.

āhtiht isiýiniw miyo ayāw sēhkē, namōya kīhtwām ka-āhkosew, namōya kihtwam kāhcitinam hepatitis A. kīspin omisi ispiyan, nāmoya kīhtwām kakē katinēn oskanapinēwin hepatitis A.

oskonāhpinēwin Hepatitis B:

oskonāhpinēwin kakē āsōnamahtowak ayisiýiniw, oh-mihkom ohci, nāpēw ahpō iskwēw pāskisikēwin. oma hepatitis B kakē āsōnamowēw iskwēw nihtāwikihāwsowin ohci.

ayisiniw kakē miyo-ayāw sēhkē, namōya ka-kīhtwām kitāhkosin. āhtiht, kīhtwām ka-katinahk āhkosiwin, itāspinēw kakētwām katinam. āhtiht, isiýiniw kiyāht Hepatitis B nawac sohki āhkoswin kāhcitinam. maka, ātiht sohki āhkosowak, wawēs ohki oski-awāsisak ka-katinakihk wēpac oma āhkosiwin. kihtwam ohki ka-āhowsihcik misi-wānachitawak miskon. nama kīkway itihtākwan maskihkiy ohci hepatitis B.

cīstahikāsowin poko, ka-nakīnaman ohki ākoswina, hepatitis A ekwa 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>.

tānitē ka-nanātawihimsōwin ohci oskonāhpinēwin?

- pīkiskwās maskihkiy atoskahākan, ohci maci āhpinēwin.
- ka-miskawāwak ka-nākatēyohcik, ka-kiskinwahmākēcik oma maci āhpinēwin ōta,

<https://where.to.catie.ca>