

HEP C

Miwzha gaabi-zhi dbaataming HIV,
Syphilis miinwaa hepatitis C,
Anishinaabemwining dgobdemgag
gajwin ninda naapniwnan. Waazhi
mno-maajiishkaamgag wii
mno-bmaadsing miinwaa wii
mno-daapnigaademgag eni zhiwebkin
wiinwaa bemaadsijig ezhi
waamndamwaad maage gkendizwaad gk
endmowaad maage ge kendzigwaa gchi
gegoo gaa aawang. Nango dash, bkaan
gegoo zhichgem waazhi mno-yaang
miinwaa waani zhi gshkitoong gbe'iinh,
wiini mno-bmaadsing.

Aabdeg gonaa maanda daa
gkenjgaademgag aakziwin ezhi
wiindmaagemgag eni zhi semgag, eni-zhi
mookiitaagemgag maanda HIV, hepatitis
C miinwaa syphilis niizhoosnoon shka'iin
miinwaa gete zhi- giizhwiwnan ninda
dash begsendmaangin, ezhi-
bgosendming, ezhi-wiikdendming ji-ni,
waamndaming wi niibna bemaadsid
e'ggishkang maanda HIV, syphilis
miinwaa hepatitis C, daa nsastaan wi,
aabdig kwii gkendaan waazhi
mno-daapnaman gnima gego aanind daa
nnaandwich gaadenoon wii miikseg
mshkikwaan enkaazngin.

Shki-maajitaang

- Hepatitis C aakwziwin
maagaadang aawan. Gishpin

The old way of talking about HIV,
Syphilis, and hepatitis C in
Anishinaabemowin has associated
shame with these health issues. It was
important to promote wellness and
acceptance of situations in which people
find themselves knowingly or
unknowingly. Today, changes are being
made to promote wellness and the
ability to live a long, healthy life.

It is important to note that the ailments
described in the sections concerning HIV,
Hepatitis C, and syphilis are a
combination of new and old words but
ones we hope to convey hopefulness
with the ability to see that many people
who live with HIV, Syphilis and Hepatitis
C can understand that it is something you
learn to live with or in some cases that
can be healed with proper medical
interventions.

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

bwaa naagdo-wenj-gaadeg,
hepatitis C daani gchi aakzi go
wiya dbishko gaani zhi
bnaaj'igwod akwan, akwan
amogwin miinwaa wiiba nbowin.
Na'ii dash wiigo zhi-nishin wi
hepatitis C gshkitoon go wii
nnaanwitoong!

- Maanda hepatitis C
ni-aashtoosemgad mskwiing
bemaadsid e-yaang hepatitis C
biindgemgag mskwi wiya
e-yaanhzig hepatitis C. Niibna
temgad ge zhichgengba wii
ngaasdoong maage wii miigweng
hepatitis C.
- Mii go eta gezhi gkenjgaadegba
giishpin yaaman hepatitis C
ji-ndagkenmigoowiin.

Gindan nkwetmawnan wii mooshki
nsastaman wi hepatitis C.

Wenesh yaawang wi hepatitis C?

Hepatitis C aakziwin aawan maa
gaadang akwan, niibna gegoo
zhi-nokiimgad maanda kwiiwing aadig
maanda ndowendaagwod wiini
mno-bmaadsing.

Giishpin bwaa naagdowenjgaadeg,
hepatitis C daani bnaajtoon gmaa piich
akwan. Gegpii gwa daani gchi aakzim
ni-bnaadag akwan, amogwin
zhi'hoomgad miinwaa wiiba nbom. **Ni'bii**

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:

dash wiigo, Hepatitis C daa
nnaandwi-toom wiigo.

Aaniish wiya ezhi debnang hepatitis C miinwaa aaniish gezhi ngaasdoongba?

Hepatitis C mskwiing zhi biindemgad wiya bemaadsid e-yaang hepatitis C biinjbiimgag mskwi wiya e-yaanhzig hepatitis C.

Maanpii Canada, hepatitis C zhiwebad go aapiichin aashtoosemgag mezhgdoo-miinding gzhaabnigan mji-mshkiki bmi nokaazang.

Daa aashtoosemgag gwa Hepatitis C:

- Aanji nokaazang gaa biinchigaadesnog nokaazwin mzi-naakshkoodoowin kwiiyaw.
- Mya -jiishkaad kwe daa miinaan wda binoojiinhsman e-piichi bmiwnaad maage pii ndaadsinid.
- E-piichi noodkwe'ed e-piichi gchi dbasaamgadnig dash wiigo, daa zhiweb dash wii'go nowanj dash wii'go piichin ninwag e-noodkweyaandijig maanda zhiwebziwag.
- Gdi-bendaaswin gwigweyin dbishko gaazhbaajgan, gshkazhiig giishkwandwaa enkaazyin miinwaa gziwaabde'gan.

- 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.
- Use condoms the right way each time you have sex.

Hepatitis C, nango dash gaawii geyaabi debnigaadesno Hepatitis C miigweng mskwi gnima ge ngoji gaanji giizhgshinan nsaaksing kwiwing maanpii Canada, gii ndagkenjgaademgad maagweng mskwi miinwaa endgwenh ji-gii biindgeshkaagong maanpii hepatitis C ngoji mdaaswi zhaangswi zhaangswi shi niizh.

Gaago wiika aashtoosesno Hepatitis C aaptoojiinding, jiinding maage daang-jiinad wiya e-yaang maanda aakziwin.

Gaawii gegoo temgasno mshkiki gzhaabnigning gezhi daapni-gaadegba maanda Hepatitis C, aabdig dash gonaa gdaa nda zhichige ezhi gshkitoowin ji-bwaa bmi debniman maanda Hepatitis C.

Niibna temgad gezhi ngaabji gaadegba ji-bwaa debniman Hepatitis C:

- Giishpin daapniman mshkiki gzhaabnigning ge go aanke miigweke shka'iinh gda nokaazan enso bdakwodsaying wi mshkiki.
- Giishpin zgaswaadman mji-mshkiki gnima ge wii biidnaamtaming wi mshkiki, gego aashtoo-miigweke kiin eta ka nokaazan gdan kaazwin-an enso daapniman zgaswaayin maage wii biidnaamtaming mshkiki.
- Gwyek zhi nokaazan mshkwe gaanhsan enso noodkwe'weyin.

- 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 or 12 weeks and cures almost everyone

- Nda gkenmigzin, ji-zhi ndagkenmigoo-wiin maanda aakziwin ka nnaandwi'igo ji-bwa maajiishkaayin. Mii manda gezhi ngaasdoowiin ji-bwaa debnaman Hepatitis C miinwaa gda binoojiinhsim.

Aaniish gezhi gkendmaambaa giishpin e-yaamwaane wi Hepatitis C?

Aanind bemaadsijig e-yaangig wi Hepatitis C gaa go gegoo zhi moozh'idsasiiwag niibna nso bboon, bi-maadad dash wiigo wi aakziwin, daani bnaajtoon akwan Gaawii maanda gbi naaj'igwan maage bnaajtoomgad miidash ni-bnaajtood akwan. Gdaa yaan go Hepatitis C gkendziwan.

Mii go eta waazhi gkendman giishpin yaaman Hepatitis C wii ndagkenmigoowin.

Kwejim mshikii nini Hepatitis C ji zhi ndagkenmig, maage go geyaabi gdaa zhi kwedwe ji ndagkenjgaadang geyaabi gegoo aakziwnan naasaab pii, dbishko gonaa gonorrhea, chlamydia, hepatitis B, HIV miinwaa syphilis.

Daa nnaandwichigaade na go hepatitis C?

Enh, daa nnaandwichigaade go! Aanind bemaadsijig, da maajaamgad wiin go

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 people who get hepatitis B recover on

dani zhi maajaamgad ngoji go
ni-ngo-dwaasgiisogag, aanind dash wii
go bemaadsid wii nnaandwi'hod wii
noojmotood daakziwin.

Waasa zhaazhgo bi-yaamgad Hepatitis
C, aabdig kwii nnaandwi'go nshwaaswi
gnima giwe nso giizis miidash gwo wiya
ni-noojmod. Gnima go bangii maanda
mshkiki gdaa maanaaskaagwan, gnima
dash ge gaaye.

Giishpin yaaman Hepatitis C, gnoosh
mshkikii nini aanii gezhi daapnamba
waazhi nnaandwigoowiin. **Giishpin wiiba
maajtaayin, nowanj kani mno bmaadis.**

Ndaa debnaan nagwo miinwaa Hepatitis C?

Giishpin gii yaaman Hepatitis C, gdaa
debnaan gwo miinwaa giishpin bmi
nkwezhgman hepatitis C mskwi bmi
daangshkaming miinwaa.

**Ezhi mno taagog dash wii go gdaa
nnaandwi'igo miinwaa gdaa noojim!**

Wenesh yaawang wi Hepatitis A miinwaa B?

Bebkaandoon Hepatitis A miinwaa B pii
dash Hepatitis C enaabminaagog.
Hepatitis A daadebnigaade nbiishing
gnima giwe miiijiming bwaa gzinjiid
gaamiiziid. Daa aashtoosemgad giishpin
wiya bmiwdood Hepatitis aanind

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>.

bemaadsid debnangig Hepatitis A nizhi mno yaa wiin waa. Pii maanda zhiwebak, nagzikaagna'aa wi aakziwin gaawii dash debnaziina'aa wi hepatitis A.

Hepatitis A daa aashtoosemgad wiya miskwiiming, ninii baazhgzige-waaboo gnima ge kwe onji gaawiin miinwaa go hepatitis B daa debnaan binoojiinhs epiichi ggishwind. Aaniind bemaadsijig e-yaang Hepatitis B ni-zhi noojimowag; gaa dash miinwaa daa debnazii-naa'aa Hepatitis B. Nihii dash wii'go aanind bemaadsijig e-yaangig Hepatitis B ni aabdaapnewag. Njida wii go naa ezhki bmaadsijig daadebna, na'aa maanda. Baakdaapneng wi Hepatitis B ni-baakdaapnemgad akwan. Gaago gegoo nnaandwichigan.

E-moonji nishing zhichgan ji
bdakhagoowin wiibwaa yaaman
Hepatitis A miinwaa B.

Aapiish gen din maamba Hepatitis C naadmaadwinan?

- Gnoosh mshkikii ninii maage kwe wii nsastamoongoowin Hepatitis C ezhi ggkenjgaadeg gnima ge geyaabi gegoo waazhi nnaandwigoone miinwaa waa zhi naagdo wendman Hepatitis C.
- Ndo waamdan Hepatitis C enji naadmaading
<http://whereto.catie.ca>