CALIFORNIA CONSORTIUM FOR URBAN INDIAN HEALTH

GRASP HCV

Getting Real About Stigma Prevention
Group Agreements

- Participation
- Respect Others' Choices
- Ask Questions
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a. Largest  
b. Second largest  
c. Third largest
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What is Hepatitis?

"Hepatitis" is a combination of two Greek words

Hepa means liver; -itis means inflammation

So "hepatitis" is when a person's liver is inflamed
Your Liver and You

Second largest organ, performing over 500 different functions like filtering toxins out of your body!

Can repair itself from most kinds of damage

No nerve endings -- you can't feel liver damage
ALL ABOUT HEP C

No vaccine for Hep C. It can be short-term, but most people who get it need treatment for it to go away.

Viral hepatitis is caused by a hepatitis virus: HAV, HBV, or HCV. Hepatitis C is a disease caused by the Hepatitis C Virus (HCV)!

Usually no symptoms, but some develop jaundice (yellow skin and eyes), dark urine, joint pain, fatigue, and more.

Non-viral hepatitis is caused by things like alcohol or heavy use of other drugs like tylenol.
HCV Transmissions

**RISKS**
Some of the ways people get HCV is by injecting, snorting, or smoking drugs with unsterile supplies; sharing razors, toothbrushes, and nail clippers; fighting; and any other scenario where there's a risk of blood-to-blood contact.

Remember, HCV can live outside the body for four days, compared to HIV which only survives for 30 seconds.
LET'S TALK ABOUT STIGMA

WHAT IS STIGMA?
Treating or having negative views of someone differently because of a label or identity they hold

WHO'S AFFECTED BY IT?
Anyone can be affected by it

WHERE DOES IT COME FROM?
Misinformation, fear, and wanting to maintain privilege
Stigma and Hepatitis C

RISKS
There is no risk of HCV with kissing; sharing food and drinks; sharing eating utensils; holding hands; gathering traditional medicine; wearing another person's regalia; or going to ceremony with someone who has HCV.

You can have happy and healthy relationships of all kinds with people who have HCV!
The Hepatitis-C Virus (HCV) does not make anyone unworthy of love.

Fear and judgement about HCV creates shame.

Let’s Get Real
Dating isn’t dangerous.

HCV transmission requires blood-to-blood contact.

It takes a community to heal from Hepatitis-C Virus (HCV)

Let’s Get Real
People with HCV can safely...

Wear another person’s regalia.

Sit next to others in ceremony.

Gather traditional medicine.

Be a part of your community.

Spending time with your Elders is NOT a way to contract HCV

People with HCV can cook and prepare food for you.

People with HCV can look after your children.

People with HCV can participate in cultural events.
QUESTIONS?
THANK YOU!

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