



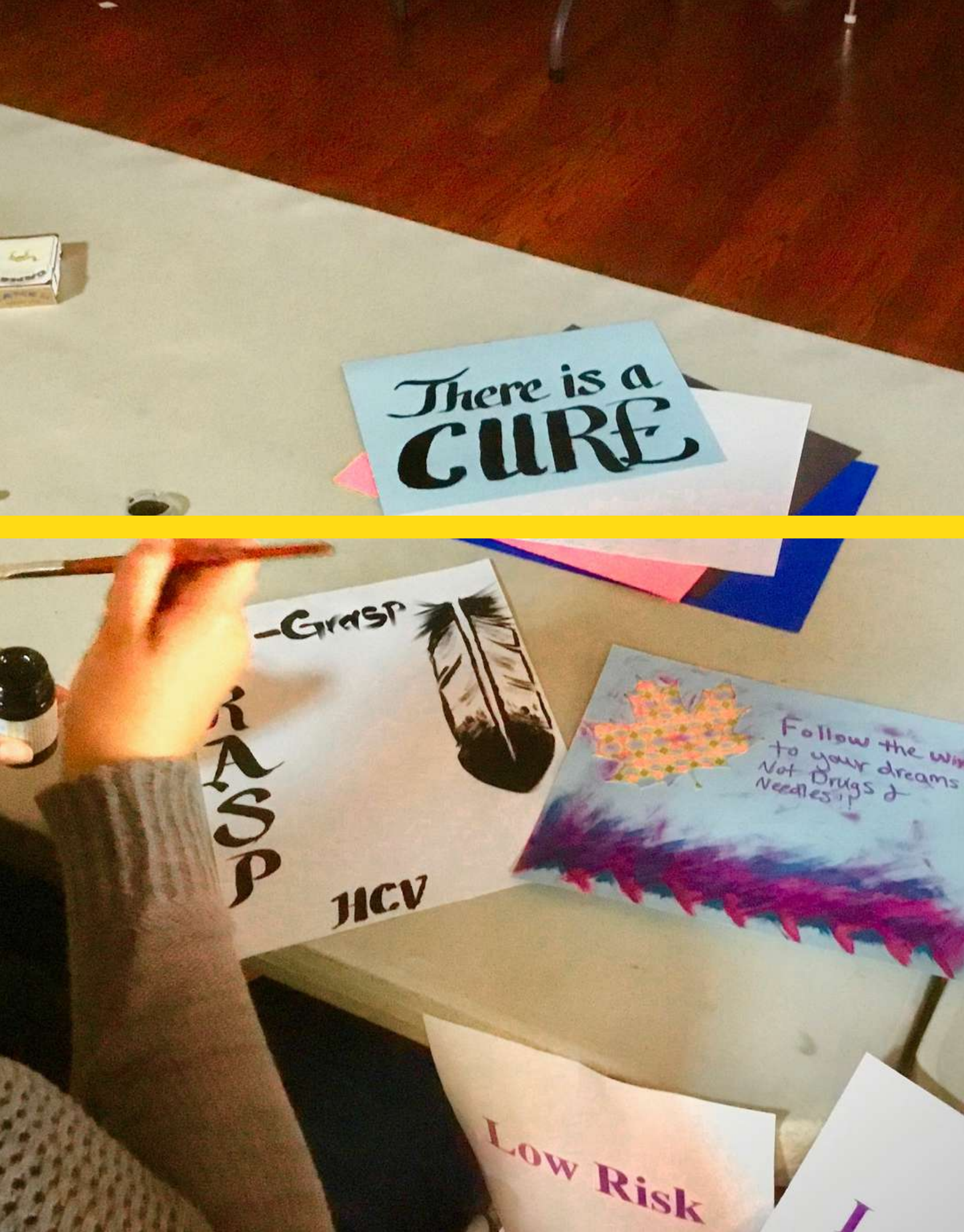
**Getting Real About  
Stigma Prevention**

CALIFORNIA CONSORTIUM  
FOR URBAN INDIAN HEALTH

**GRASP  
HCV**

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# Group Agreements

- Participation
- Respect Others' Choices
- Ask Questions

# WHAT DO YOU KNOW?



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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

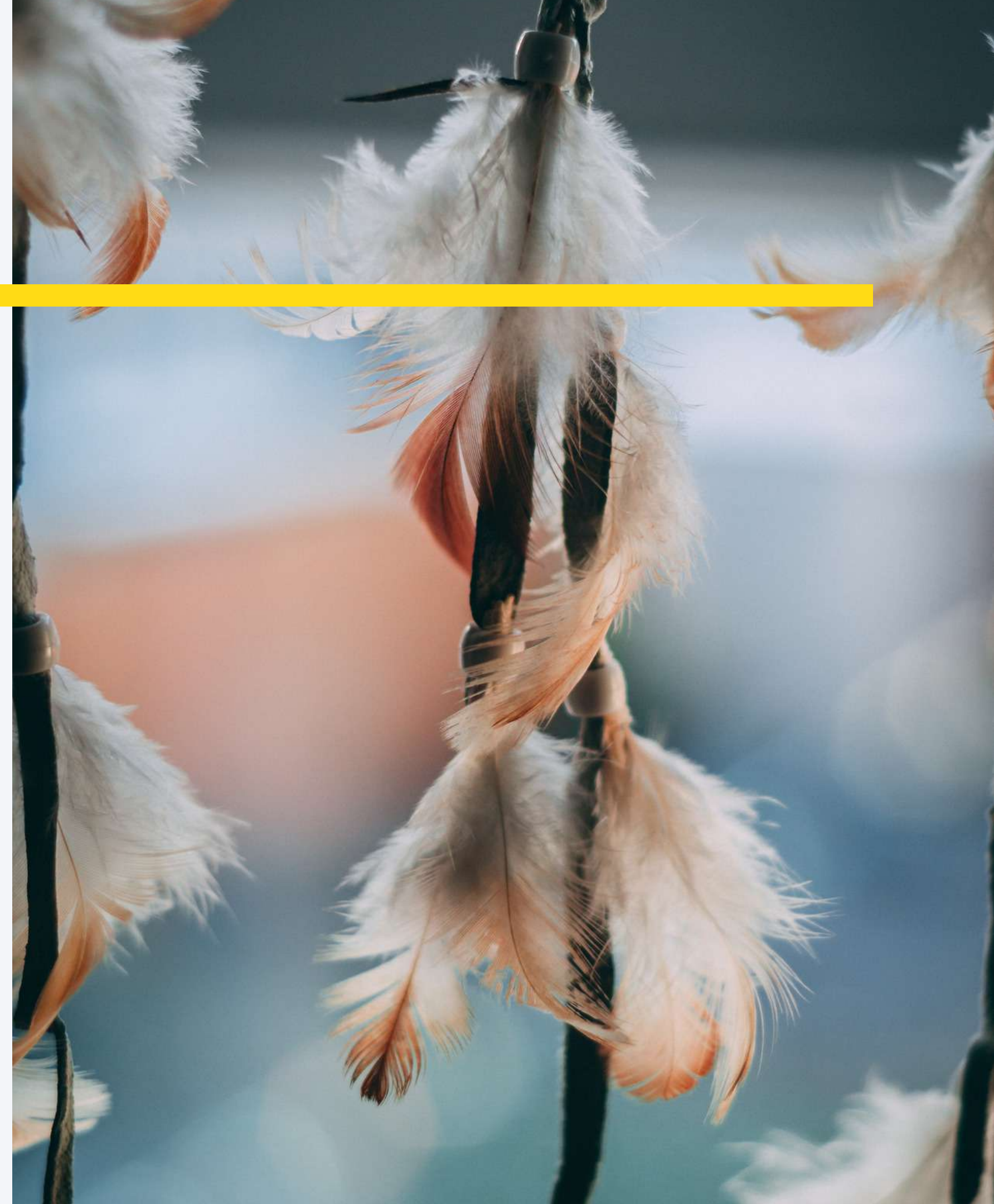


# HCV Transmissions

## 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

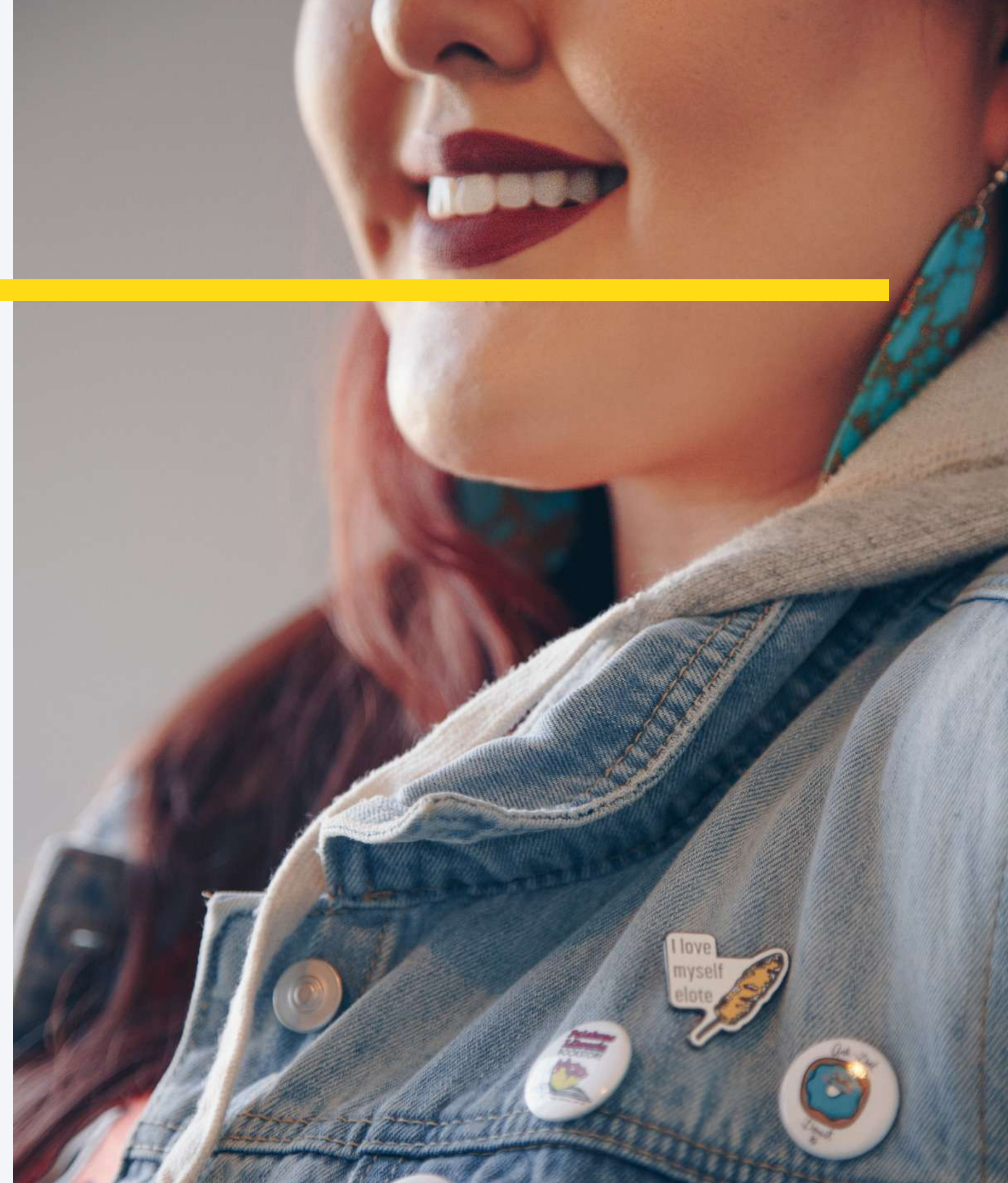


# Stigma and Hepatitis C

## 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.**

Together we can fight stigma.  
Text GRASP to 4792 #GRASP-HCV  
ccuih.org/grasp-hcv


**GRASP HCV**  
Getting Real About Stigma Prevention

**California Consortium for Urban Indian Health**

**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.**

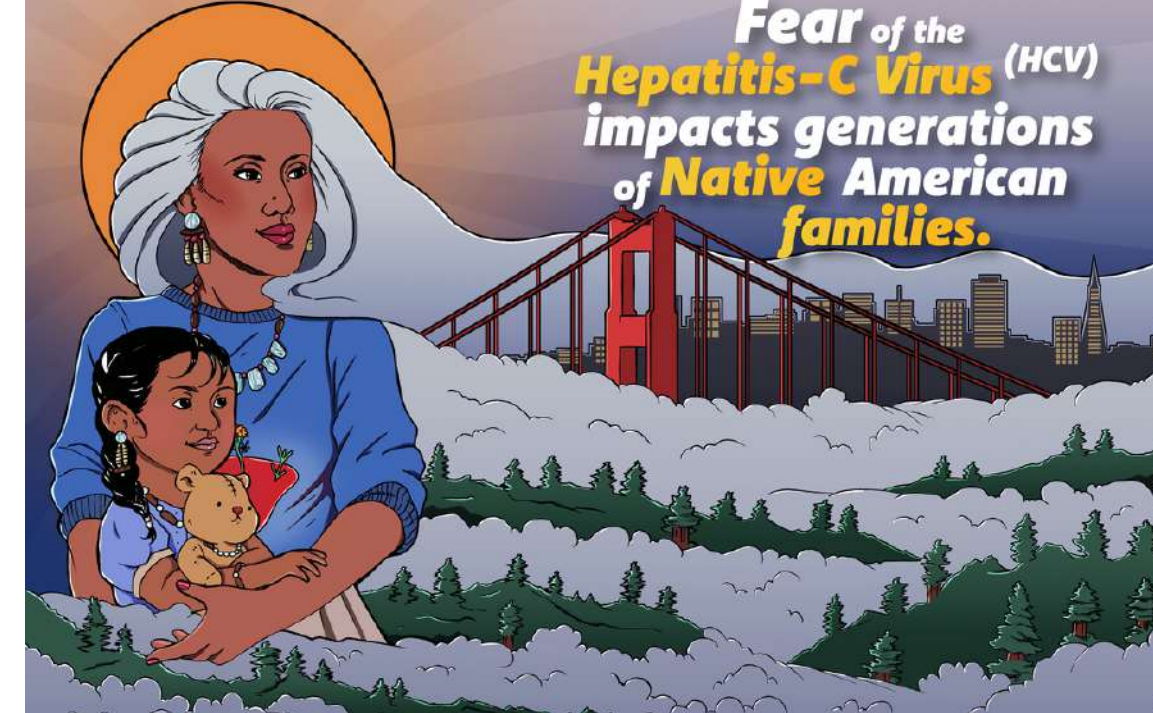
There is a cure!

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**GRASP HCV**  
Getting Real About Stigma Prevention

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**Fear of the Hepatitis-C Virus (HCV) impacts generations of Native American families.**



**Let's Get Real**

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

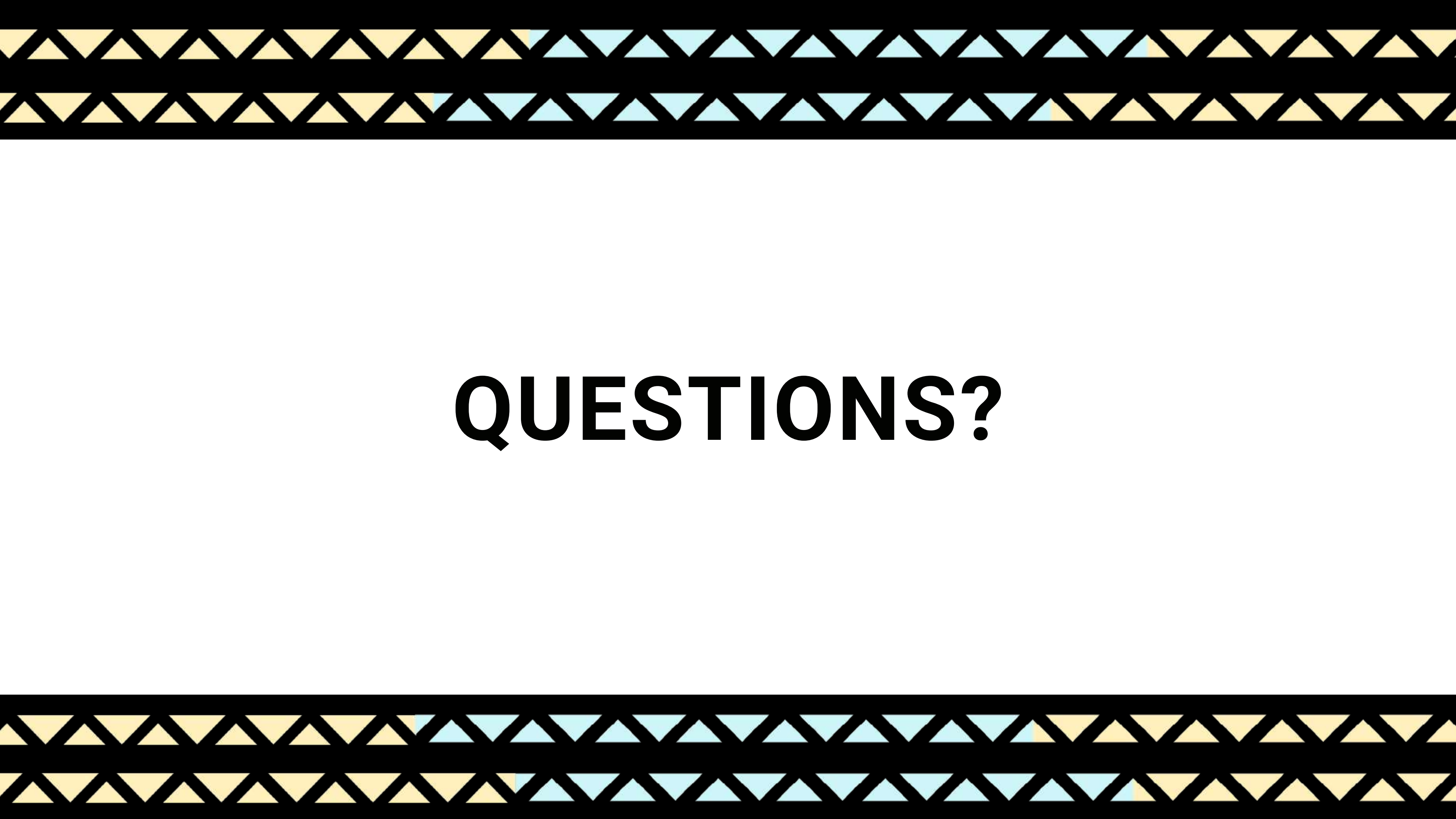
- People with HCV can cook and prepare food for you.**
- People with HCV can look after your children.**
- People with HCV can participate in cultural events.**

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**QUESTIONS?**



# THANK YOU!

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