

HEPATITIS B & C INFORMATION FOR MEN WHO HAVE SEX WITH MEN

How did I get Hepatitis B or Hepatitis C?

Hepatitis B is commonly transferred through sexual contact. The most common mode of transmission for hepatitis C is through injection drug use. In recent years, there has also been a significant increase in transmission of hepatitis C among men who have sex with men. While hepatitis C is not often considered a sexually transmitted disease, there are reports of hepatitis C being transmitted through sex, especially when blood may be present and even if it is not visible. "Rough sex" and sex without a condom increases the risk of hepatitis C being transmitted.

Who is most at risk?

Studies have found that there are higher rates of hepatitis C among Gay and Bisexual men who are living with HIV. There is also a higher reinfection rate of hepatitis C among men who have HIV.

Studies also found that some Gay and Bisexual men are susceptible to the use of illicit drugs, a high risk behavior that can transmit hepatitis C.

How do I reduce my risks?

Consider the following types of prevention methods:

- Pre-Exposure Prophylaxis or PrEP, a drug used to treat HIV and active in use against hepatitis B
- Use condoms every time and extra lubricants for safer sex
- Make sure to get routine hepatitis B and hepatitis C screenings
- Get vaccinated against hepatitis A and hepatitis B

Management and Treatment

If you are having symptoms such as fever, fatigue, nausea, vomiting, loss of appetite, abdominal pain, dark urine, gray-colored stool, joint pain, and jaundice; you should talk to your doctor about getting tested for hepatitis C as these are symptoms of both acute and chronic hepatitis B and C. You can be treated and cured of hepatitis C. There is not a vaccine for hepatitis C. However you can be vaccinated for hepatitis B or treated for hepatitis B if infected.



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