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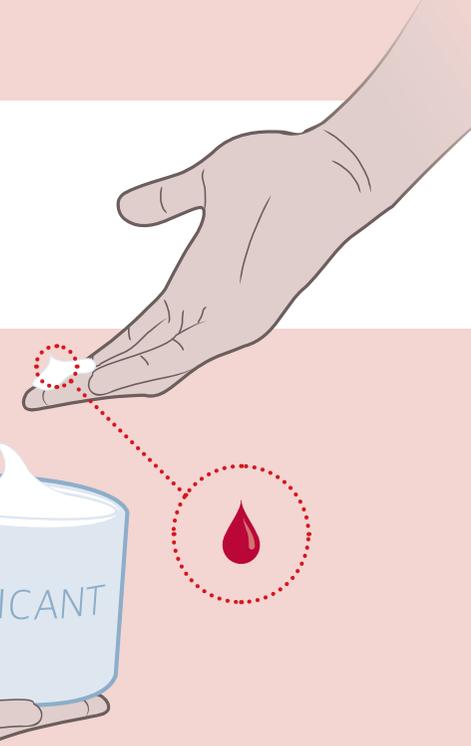
This leaflet is produced by NAM, the HIV information charity, in collaboration with The Hepatitis C Trust and the Co-Infection Alliance. Thanks to staff and patients at the following organisations for their feedback. Royal Free Hospital, Chelsea & Westminster Hospital, Royal London Hospital, St Thomas' Hospital, Royal Sussex County Hospital, Terrence Higgins Trust. Thanks to Janssen, Kevin Ryan and Wandsworth Oasis, each of whom provided part-funding towards the development of this leaflet. Our funders have had no editorial control of the content.



nam aidsmap

The basics

How hepatitis C is passed on during sex



You can view a large-format version of this leaflet on your computer. Call us on 020 3242 0820.



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www.theinformationstandard.org



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Notes

The hepatitis C virus can live outside the body for longer than HIV, and is more likely to be passed on.

Fisting gloves

You can get latex gloves from online retailers, large chemists, medical suppliers, some sex shops and some sexual health clinics.

Cleaning sex toys

If sex toys are made from plastic, clean them thoroughly between uses. Wash them with antibacterial soap and warm water, then soak them in a solution of one part household bleach to nine parts water. Rinse them well and allow them to dry.

Rubber, latex or jelly toys are hard to clean. Cover them with a new condom each time if you share them.

Want to find out more?

For more information on this topic:

- read our 'Hepatitis C', 'Hepatitis C treatment' and 'How hepatitis C is passed on' leaflets;
- visit the Hepatitis C Trust website at www.hepctrust.org.uk;
- visit the Co-Infection Alliance website at www.co-infectionalliance.org;
- visit the Hard Cell website at www.hardcell.org.uk;
- phone the Hepatitis C Trust Helpline on 0845 223 4424; or
- speak to an adviser at THT Direct (phone: 0808 802 1221).

For more information about HIV

You can get free fact sheets, booklets, email bulletins and a newsletter from our website at www.aidsmap.com/resources. You can get answers to common questions at

www.aidsmap.com/hiv-basics and find local services at www.aidsmap.com/e-atlas.

Contact us by calling 020 3242 0820 or by sending an email to info@nam.org.uk

Has this resource been useful to you?

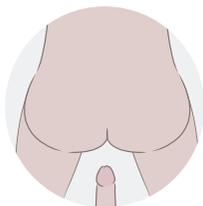
Please let us know what you think by visiting our website at www.aidsmap.com/feedback, phoning us or sending an email to info@nam.org.uk. Your feedback helps us to improve the services we offer you.

You can contact us to find out more about the scientific research and information we have used to produce this leaflet.

We recommend that you discuss the information in this leaflet with a doctor or other health worker.

Hepatitis C is a serious liver infection. Many gay men with HIV have picked hepatitis C up during sex.

Hepatitis C is a virus found in blood. During sex, you may have contact with drops or traces of blood without noticing.



Anal sex without a condom, especially if it goes on a long time

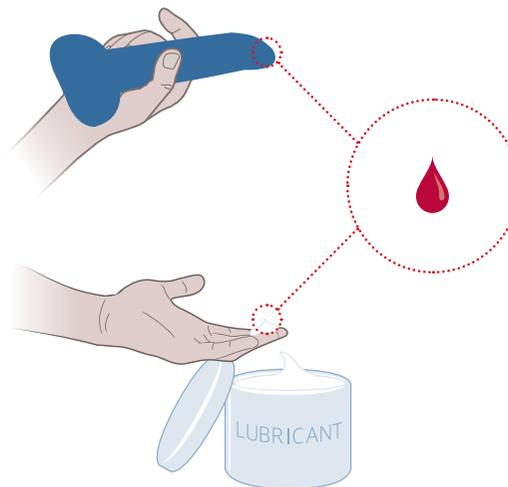


Fisting

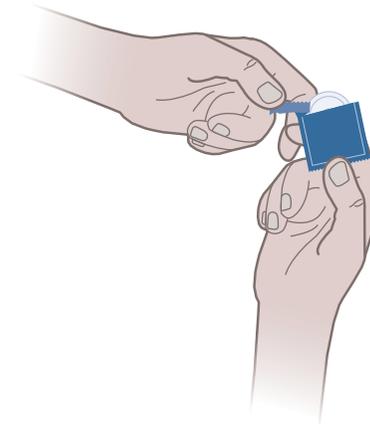


Using **sex toys**

At sex parties or sex clubs, there may be traces of hepatitis C **on sex toys or in pots of lubricant.**



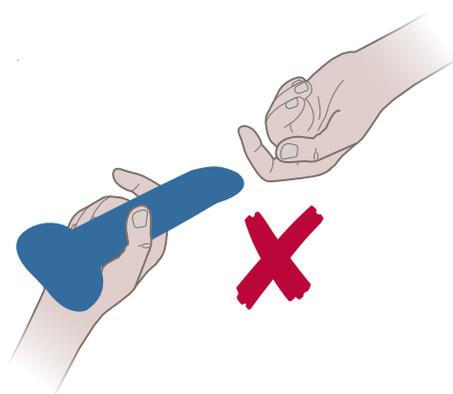
Use a **new condom** with each man.



Use a **different fisting glove** with each man, or **wash hands** very carefully.



Don't share sex toys. If you do, cover them with a **new condom** each time.



Don't share pots of lubricant.



You can also get hepatitis C by **sharing equipment** used to **inject, 'slam' or snort drugs.**



Important points

- Hepatitis C can be passed on during sex that could lead to contact with small traces of blood.
- Many gay men with HIV have picked up hepatitis C during sex. Some gay men have caught both HIV and hepatitis C around the same time.
- Heterosexual people rarely pick up hepatitis C during sex.