

Has this leaflet been useful to you? Please let us know what you think. Your feedback helps us to improve the services we offer.

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

If you need extra copies of this leaflet, or would like to translate, adapt or reproduce it, please get in touch.

# The basics

## How hepatitis C is passed on during sex

### For more information on this topic

- Read our 'Hepatitis C' leaflet.
- Read our 'Hepatitis C treatment' leaflet.
- Read our 'How hepatitis C is passed on' leaflet.

### Other titles in The basics series

- CD4 and viral load
- Health checks
- Better off knowing
- Taking drugs on time
- Drug resistance
- TB and HIV
- Testing
- Undetectable viral load

### For information in other languages

[www.aidsmap.com/languages](http://www.aidsmap.com/languages)

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

### For more information about HIV

- Visit our website [www.aidsmap.com](http://www.aidsmap.com)
- Speak to an adviser at THT Direct **0808 802 1221**

### Please support us

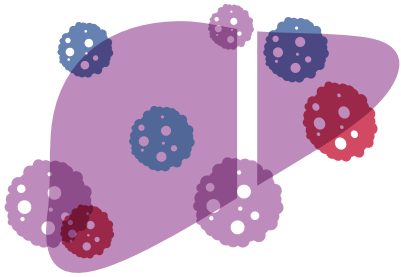
If you would like to support our work and help us to continue to provide resources like this one, please donate today at [www.aidsmap.com/donate](http://www.aidsmap.com/donate)

Thanks to all of the professionals and people with HIV who have helped us to develop this leaflet.

Print out double sided and fold along dotted line



**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, semen and mucus produced in the rectum (rectal mucus). It can be passed on during **anal sex without a condom** and other sexual activities.



During sex, you may have contact with traces of blood or rectal mucus without noticing.

- ◆ Fisting
- ◆ Using sex toys
- ◆ Anal sex without a condom, especially if it goes on a long time



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 semen, rectal mucus or blood.

Many gay men with HIV have picked up hepatitis C during sex. Some HIV negative men have got it too.

Heterosexual people rarely pick up hepatitis C during sex.

### 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.