

## Top Tips for Engaging People in Hepatitis C Testing

### What is Hep C?

Hepatitis C is a blood borne virus. It is transmitted when infected blood enters another person's blood stream. If left untreated it can cause liver disease, liver cancer and death.

### Top Tips:

1. **Understand the basics about hepatitis C.** Read our simple fact sheet [here](https://www.hepculater.com/resources/) (<https://www.hepculater.com/resources/>) or access online training modules by visiting the INHSU website [here](https://www.inhsu.org/online-learning-modules/) (<https://www.inhsu.org/online-learning-modules/>).
2. **Make a safe, confidential space for discussions.**
3. **Explore risk factors and reduce stigma.** View our stigma toolkit, which will give you useful tips on how to avoid stigmatising language [here](https://www.hepculater.com/resources/) (<https://www.hepculater.com/resources/>).
4. **Inform people if the risks of hepatitis C, but also about the newer treatments which can cure the virus in 95-97% of cases.**
5. **Make testing easy.** If you are able to, use non-invasive methods of testing such as dry blood spot, or capillary blood testing.
6. **Inform people of how and when they will get their results.** Talk about what the different results will mean for the person you are testing.
7. **Talk about prevention.** Discuss how the person may be able to reduce the risks of hepatitis C and how they can access testing again. Treatment is available for everyone, even if they have had treatment before.
8. **Use our resources.** We have lots of resources available for you and the person you are treating to build knowledge around hepatitis C, testing and treatment. Check for updates on our website as we will be adding more resources to it over the coming months.
9. **Provide confidential support contact details.** The Hepatitis C Trust has a confidential phone number - 020 7089 6221.



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