

## WEAR A CONDOM FOR ANAL SEX.

**Tops and bottoms are at increased risk for sexual transmission of hep C during anal sex.**

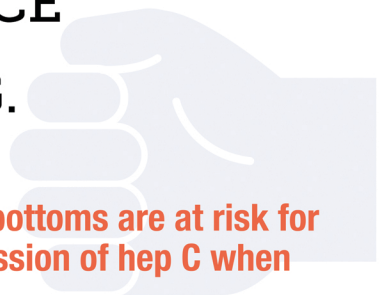
Hep C is generally transmitted via blood-to-blood contact. It is also found in semen and rectal fluids of HIV-positive MSM. Lube minimizes the chance for tears and bleeding.



## PRACTICE SAFER FISTING.

**Both tops and bottoms are at risk for sexual transmission of hep C when fisting.**

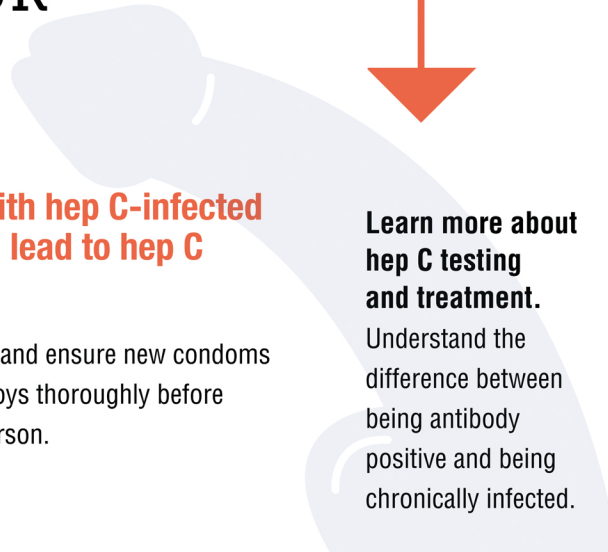
Check your hands for any cuts or bleeding cuticles. Wear latex gloves and change into new, unused ones for each new partner.



## KEEP YOUR SEX TOYS CLEAN.

**Shared sex toys with hep C-infected blood on them can lead to hep C transmission.**

Cover toys with condoms and ensure new condoms with each partner. Wash toys thoroughly before using them on another person.



**Learn more about hep C testing and treatment.**

Understand the difference between being antibody positive and being chronically infected.

If you have hep C, discuss treatment options with your provider.

You can be cured and treatments are better than ever!


FOR MORE  
INFORMATION VISIT  
[www.endhepcsf.org](http://www.endhepcsf.org)

OR CALL HELP-4-HEP  
(877-435-7443)



# SEX-C

**Sexual Transmission of Hepatitis C**



In HIV-negative people, sexual transmission of hep C is rare. It can happen, but sex alone is not considered a reason for routine hep C testing.

The following activities have been shown to increase risk of sexual transmission of hep C in MSM:

- Multiple partners
- Serosorting and condomless anal sex
- Anal fisting
- Rough sex toy play
- Genital ulcerative STIs (herpes, primary syphilis, or LGV)
- HPV
- Use of non-injection drugs with sex

## TEST FOR HEP C ROUTINELY.



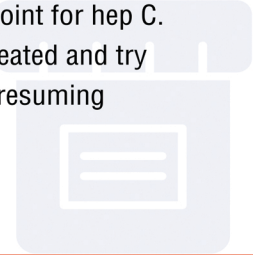
**If you are either HIV-positive or a person who injects drugs, get tested on a regular basis.**

Testing for hep C alone is not prevention, but knowing your status so you can seek treatment and prevent transmitting it to others is very important.

## TEST FOR STIs ROUTINELY.

**Get tested every 3-6 months.**

Sores and warts from STIs such as syphilis, anal warts, and herpes can be an entry point for hep C. If you test positive for an STI, get treated and try to give the sore time to heal before resuming sexual activity.



## AVOID SHARING SUPPLIES.



**If using drugs during sex, avoid sharing any supplies.**

Avoid sharing syringes, cookers, cotton, water, straws, or pipes. Hep C can survive for days to weeks on surfaces and in syringes, and anything with hep C-infected blood on or in it can transmit the virus.

**Hepatitis C (hep C) is a serious, but curable liver disease.** There are often no symptoms, so the only way to know if you have it is to get tested.

Hep C is most commonly transmitted via blood-to-blood contact, especially by sharing syringes and other injection equipment (cookers, cotton, waters, etc.)

Sexual transmission of hep C is a complicated topic, and we're still learning more about it. Hep C has been found in the semen and non-bloody rectal fluids of HIV-positive MSM (men who have sex with men).

**This brochure will give you some harm reduction tips** to help you better understand and prevent sexual transmission of hep C.