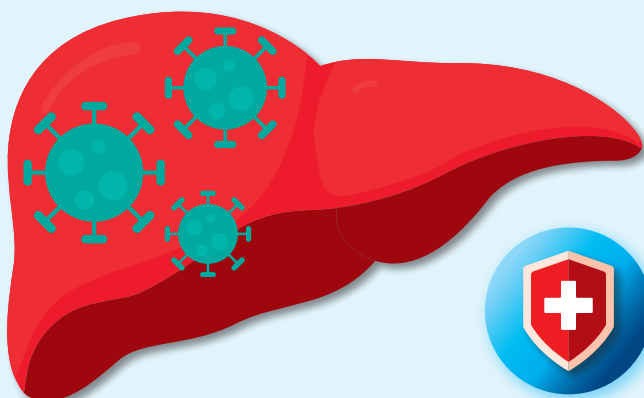


丙型肝炎你要知

What you need to know about hepatitis C



甚麼是丙型肝炎？

丙型肝炎是由丙型肝炎病毒引起的肝臟疾病。

約七成的丙型肝炎病毒感染會發展為慢性肝炎，並可引致肝硬化及肝癌。



大多數新感染丙型肝炎的患者都沒有明顯症狀，部分急性患者或會出現與其他肝炎相類似的症狀，如發燒、疲倦、食慾不振、噁心、嘔吐、上腹部不適、茶色小便及黃疸（皮膚和眼白發黃）。

丙型肝炎是怎樣傳播？

丙型肝炎病毒最常透過接觸感染者的血液而傳播：



丙型肝炎病毒不會經一般社交接觸（如共用食具、共膳、擁抱、握手及接吻等）而傳播。

丙型肝炎能經性接觸而傳播嗎？

經性接觸而傳播丙型肝炎的情況並不常見。不過，若性伴侶雙方都有皮膚或黏膜破損，在沒有使用安全套的情況下進行性行為會有機會傳播丙型肝炎病毒，尤其是進行可導致血液接觸的性行為。

丙型肝炎會由母親傳給嬰兒嗎？

丙型肝炎病毒可由母親傳給嬰兒，但並不常見。
✧ 母嬰傳播風險估計為 4 - 8%。
✧ 若母親同時感染愛滋病病毒，母嬰傳播的風險會高 2 至 4 倍。

患有丙型肝炎的母親可以餵哺母乳嗎？

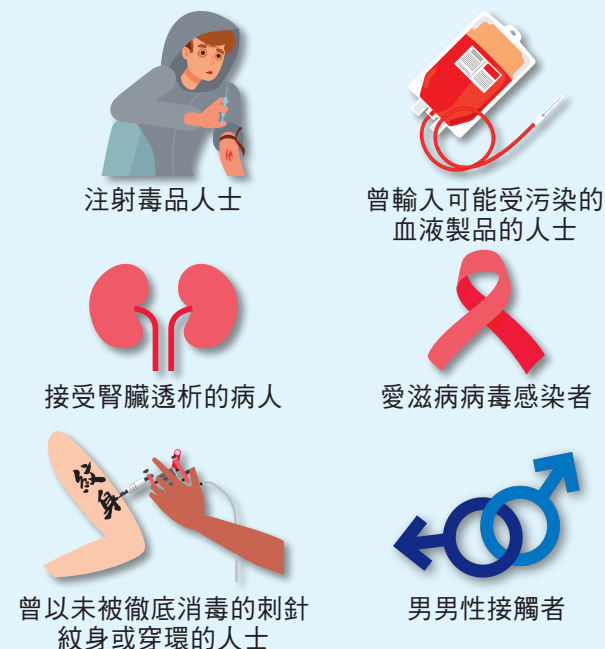
✓ 患有丙型肝炎的母親可以餵哺母乳。

現時沒有證據顯示丙型肝炎病毒會經母乳傳播給嬰兒；不過，若乳頭破損及流血，應停止餵哺母乳，直至乳頭傷口癒合。



誰具較高感染風險？

估計約 0.3% 的香港人口患有丙型肝炎，但在某些特定群組中較為常見。



如何診斷丙型肝炎？

感染丙型肝炎病毒後可持續數十年都沒有症狀，直至肝臟已被嚴重損害後才出現徵狀。

診斷丙型肝炎必須透過血液測試。



如何治療丙型肝炎？

服用直接抗病毒藥物約 8 - 12 個星期可治癒丙型肝炎（即可「斷尾」），從而降低發展成肝癌及因肝臟疾病致死的風險。

- ✔ 療效顯著
- ✔ 副作用少
- ✔ 口服藥物（毋須注射）



請注意：

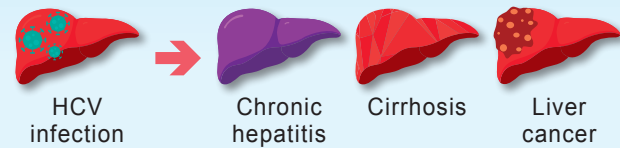
丙型肝炎患者服用藥物康復後，並不會具有保護性的免疫力，故應停止進行高風險行為，以預防再次感染丙型肝炎病毒。



What is hepatitis C?

Hepatitis C is a liver disease caused by hepatitis C virus (HCV).

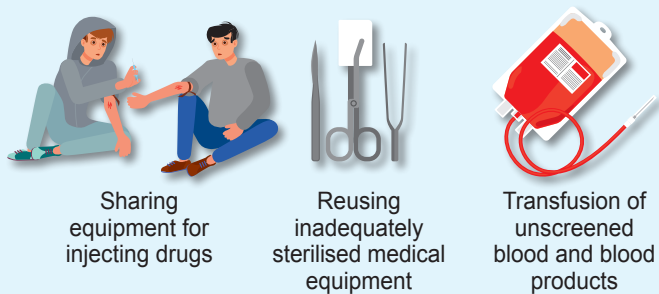
Around 70% of people infected with HCV will develop chronic hepatitis, which may lead to cirrhosis and liver cancer.



Newly acquired HCV infections are usually asymptomatic, but some people with acute HCV infection may exhibit symptoms indistinguishable from hepatitis of other causes, such as fever, fatigue, loss of appetite, nausea, vomiting, upper abdominal discomfort, tea-coloured urine and jaundice (yellowing of skin and the whites of the eyes).

How is hepatitis C transmitted?

HCV is most commonly transmitted through contact with blood:



The virus is **not** transmitted through social contact, such as sharing eating utensils, dining together, hugging, holding hands and kissing.

Can hepatitis C be spread through sexual contact?

Sexual transmission of HCV is uncommon. However, it can occur if both partners have **skin or mucosal lesions** and **do not use condoms** during sex, especially for sexual practices that lead to exposure to blood.

Can mother transmit hepatitis C to their babies?

Mother-to-child transmission (MTCT) of HCV is possible but not common.

- ✦ The estimated risk of MTCT is about 4 - 8%.
- ✦ The risk can be twofold to fourfold higher when the mother is co-infected with Human Immunodeficiency Virus (HIV).

Can mother with hepatitis C breastfeed?

✓ Mother with hepatitis C can breastfeed their babies.

Currently there is no proof that breastfeeding can transmit HCV. However, if there is nipple crack and bleeding, breastfeeding should be stopped until the cracked nipples are healed.

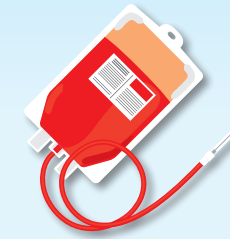


Who is at risk of hepatitis C?

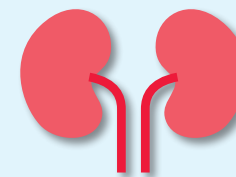
An estimated 0.3% of Hong Kong population are infected with HCV, but hepatitis C could be much more common in some specific populations.



People who inject drugs



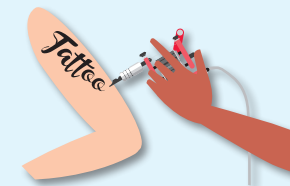
Recipients of potentially contaminated blood products



Patients on renal dialysis



HIV-positive people



People who have had tattoos or piercings with inadequately sterilised instruments



Men who have sex with men

How to diagnose hepatitis C?

Hepatitis C can remain asymptomatic until decades after infection, when signs and symptoms develop secondary to serious liver damage.

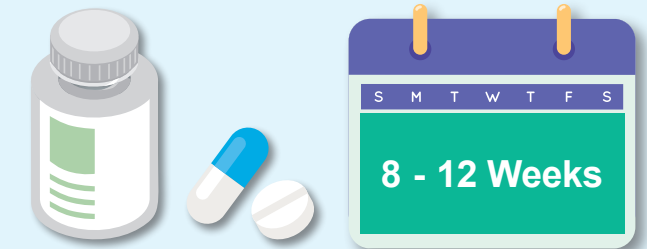
Blood test is required to diagnose hepatitis C.



How to treat hepatitis C?

Use of direct-acting antivirals (DAA) for around 8 - 12 weeks can cure HCV infection, thereby reducing the risk of progression to liver cancer and dying from liver diseases.

- 👍 Highly effective
- 👍 Minor side effects
- 👍 Oral administration (Do not require injection)



Please note:

As treatment does not confer protective immunity, recovered hepatitis C patients should stop high-risk behaviours to prevent HCV reinfection.

www.hepatitis.gov.hk

