

Control Measures for Persons Infected with Hepatitis C Virus

People infected with the hepatitis C virus may feel healthy but are still capable of passing hepatitis C infection to other people. Fortunately, hepatitis C virus is not spread by sneezing or coughing, from casual contact such as holding hands, or by sharing food or drink. However, people can get hepatitis C from you by coming in contact with your blood. Therefore, you are ordered to comply with the following control measures required by North Carolina General Statutes, Chapter 130A -144 and North Carolina Administrative Code, 10A NCAC 41A .0214:

Infected persons shall not:

- A. share needles or syringes, or any other drug-related equipment or paraphernalia, or personal items, such as razors, that may be contaminated with blood through previous use;
- B. donate or sell blood, plasma, platelets, or other blood products.

Persons with *acute* hepatitis C infection shall:

- A. if the date of initial infection is known, identify to the local health director all needle partners since the date of infection; or,
- B. if the time of initial infection is unknown, identify persons who have been needle partners during the previous six months.

Additionally, it is recommended that persons infected with hepatitis C virus seek medical evaluation for the presence or development of chronic liver disease, receive hepatitis A and hepatitis B vaccination if at risk for these infections, cover all open wounds and sores (if present) to prevent transmission of infection to others, and avoid alcohol as it can accelerate cirrhosis and end-stage liver disease.

Your local health department is available to provide additional information and counseling concerning your hepatitis C infection. Please call the (*county name*) Health Department for assistance at (*phone number*).