

BLOOD TO BLOOD



WHAT IS
HEP C?

YOU CAN'T TELL
BY LOOKING AT
SOMEONE WHAT'S
IN THEIR BLOOD.

HEP C IS A BLOOD
BORNE VIRUS THAT
AFFECTS YOUR LIVER.
IT'S SPREAD BLOOD
TO BLOOD. IT'S A
VERY LONG TERM
VIRUS - OFTEN IT
ISN'T DISCOVERED
'TIL MANY YEARS
AFTER SOMEONE HAS
CAUGHT IT.

YOUR UNBROKEN
HEALTHY SKIN
IS A GOOD BARRIER
AGAINST INFECTION.

HAVING HEPATITIS C
CAN MAKE YOUR LIFE
QUITE DIFFERENT.

DON'T LET ANYTHING
DIRTY THROUGH
YOUR SKIN OR
MUCOUS MEMBRANES.

IT CAN BE A
DEBILITATING
ILLNESS.
YOU MAY FIND
YOURSELF UNABLE
TO STAY FIT,
KEEP STRONG
~ALWAYS FEEL TIRED
AND RUN DOWN.

HAND WASHING IS THE
MOST IMPORTANT
WAY OF PREVENTING
INFECTION. HANDS
OR OTHER BODY
SURFACES CONTAMINATED
WITH BLOOD SHOULD BE
WASHED IMMEDIATELY
WITH SOAP AND RUNNING
WATER.

BE CAREFUL WHEN
THERE IS BLOOD AROUND.
PROTECT YOURSELF BY
WEARING DISPOSABLE
GLOVES WHEN HELPING
SOMEONE WHO IS
BLEEDING. (IF YOU
DON'T HAVE ANY GLOVES
USE A PLASTIC SHOPPING
BAG OVER YOUR HANDS
INSTEAD).

WIPE UP BLOOD SPILLS ON
THE FLOOR OR FURNITURE
WITH LOTS OF COLD,
SOAPY WATER. USE A
DISPOSABLE CLOTH OR
PAPER TOWELS, AND WEAR
GLOVES. DISPOSE OF
SOILED ITEMS IN TWO
PLASTIC BAGS AND PUT
IN YOUR HOUSEHOLD
RUBBISH. WASH CLOTHES/
SHEETS ETC WITH DETERGENT
ON COLD MACHINE WASH
AND HANG OUT IN THE
SUN UNTIL DRY.

Selecting a Body Piercer or Tattooist

When selecting a body piercer or tattooist, choose an operator who has hygienic work habits that comply with the "Code of Practice for Skin Penetration Procedures".

Check that the premises are clean and tidy. Work surfaces should be covered with disposable coverings (one for each client). In the work area, look for a "sharps safe" container (a puncture-resistant container) for contaminated wastes (needles, swabs etc).

Ask the operator if he/she uses "Standard Precautions" for infection control - the operator should wear clean clothes; thoroughly wash his/her hands before and after contact with clients (and after any break); wear new disposable gloves throughout the procedure (and put on new gloves after any break e.g. answering the telephone); use single use skin penetrating equipment (including needles); use single use preparation equipment (including stencils; spatula; disposable razor); dispense pigments and dyes (and lotions, ointments etc) into single use disposable containers; open autoclave sterilisation packages containing instruments onto the work surface in your presence; clean and disinfect the work area between clients (including electrical handpiece; benches; chairs; instruments and garments).

New jewellery should be used but if you are providing your own jewellery, it should be sterilised by the studio before you have the piecing done. Stud guns are designed for piercing ears, and should NOT be used for piecing other parts of your body.

AFTER CARE: Ask the body piercer or tattooist for after care instructions before the piercing/tattooing. Professional piecers and tattooists will give you step by step after care instructions to follow, and tell you what supplies you will need. You can easily infect your own piercing/tattoo from your nose, mouth, and anus - so **WASH YOUR HANDS** before and after touching your new piercing/tattoo (and don't let others touch it). Seek medical advice if jewellery is pulled out or if your piercing/tattoo gets infected (you can recognise the inflammation that comes with infection by the heat, swelling, redness and pain at the site).

Where to get Help & Information about Hep C

HepatitisWA is a non-government organisation. Trained volunteers can give you information, advice, and support. Private counselling is available if you need support or someone understanding to talk to. Counselling support is also available for your partner, family, and friends.

You can contact HepatitisWA on (08) 9328 8538 ~ Metro; 1800 800 070 ~ Country. Information is also available from our website at www.hepatitiswa.com.au or through email at info@hepatitiswa.com.au.

Or visit our premises at 187 Beaufort Street, Northbridge.

PRODUCED BY HEPATITISWA (INC) SEPTEMBER 1998
(UPDATED MARCH 2011)