Counselling on Hepatitis C and HIV Coinfection
**WHAT IS HEPATITIS?**

**Hepatitis** means inflammation (swelling) of liver that can be caused by different infections, alcohol intake and certain drugs. There are five main types of hepatitis viruses - A, B, C, D and E.

**Hepatitis C infection may be potentially fatal and has no vaccination**

- HCV is fully curable and can be preventable
- Untreated HCV infection is the major cause of chronic hepatitis
- 4 out of 5 people with HCV don’t know their status
- Window period: 7-8 weeks
- HCV infection remains asymptomatic for a long time

**Hepatitis C awareness on prevention, early diagnosis and treatment are important because of the burden of illness and death they cause. In particular, hepatitis B and C lead to chronic disease and, together, are the most common cause of liver cirrhosis and cancer.**
SYMPTOMS OF HCV

People infected with Hepatitis C virus are mostly diagnosed late after significant liver damage — cirrhosis or hepatocellular carcinoma

- Dark urine
- Light coloured stools
- Skin and eyes turning yellow
- Nausea & vomiting
- Loss of appetite
- Alterations in taste
- Extreme fatigue
- Weight loss
- Swelling in legs
WHO ARE MORE LIKELY TO BE INFECTED WITH HCV?

- People who inject drugs (PWID)
- People with partners/spouses who have HCV
- People who take care of infected patients, including healthcare providers
- People living with HIV (PLHIV)
- Children born to mothers infected with HCV
- People who share personal care items such as unsafe injections, tattooing and unsafe dental practices etc.
**WHAT IS HIV-HCV COINFECTION?**

Infection with both HIV and HCV is called HIV-HCV coinfection.

Hepatitis C is a common coinfection among people living with HIV (PLHIV).

Both, HIV and HCV are blood-borne infections and share common routes of transmission — through blood and blood products, sharing needles & syringes, blades or any instrument coming in direct contact with HCV infected blood.

Presence of HIV infection damages the liver faster due to weak immune system.

Using HCV infected syringes, needles and equipments earlier used by person living with HCV may cause HCV infection.

Using infected syringes, needles and equipments earlier used by person living with HCV, and re-used by person living with HIV or vice-versa, may cause HIV-HCV coinfection.

> **HEPATITIS C**

> **HIV-HCV COINFECTION**

> **DAMAGES LIVER FASTER**
SCREENING & DIAGNOSIS OF HCV

All diagnostic tests are free of cost under National Viral Hepatitis Control Program (NVHCP) at designated hospitals and ART centres.

SCREENING AND DIAGNOSIS ARE THROUGH LABORATORY TESTS.

SCREENING TEST
To detect antibodies that may be present in the blood, if a person has ever been exposed to HCV, even if the infection has later been cleared spontaneously or cured through treatment.

CONFIRMATORY TEST
If the screening test is positive, a confirmatory test is needed to establish if the person is still infected with the virus and need treatment for cure.

ALL TEST RESULTS ARE KEPT CONFIDENTIAL

REMEMBER: EARLY TESTING MEANS EARLY DIAGNOSIS, EARLY TREATMENT AND CURE. THIS STOPS FURTHER PROGRESS OF THE DISEASE AND TRANSMISSION OF INFECTION TO OTHERS
HEPATITIS C IS FULLY CURABLE WITH SIMPLE, SAFE AND EFFECTIVE TREATMENT

Latest treatment is oral – NO MORE INJECTIONS.

Dosage: medicine only needs to be taken once a day
People coinfected with HIV-HCV can be treated for both infections

Average treatment duration is only about 12 to 24 weeks with up to 95% cure rates

HCV medicines are safe & effective, can be taken along with HIV treatment

ALTHOUGH HCV IS CURABLE, THE ANTIBODIES WILL REMAIN POSITIVE THROUGHOUT LIFE

NO MAJOR SIDE EFFECTS OF THE TREATMENT. MINOR SIDE EFFECTS ARE HEADACHE AND DIARRHOEA WHICH ARE EASILY MANAGEABLE
**DO’S**

- Practice safe sex—always use a condom
- Take your medicine regularly, as prescribed
- Get your test for cure done after treatment completion
- Continue to protect yourself from HCV. If patient indulges in high risk practices after cure, chances of re infection are there
- Spread HCV awareness among your family, friends and colleagues
- Keep a healthy lifestyle, eat balanced diet and do regular exercise
- Visit your doctor for advice on planning your pregnancy

**DONT’S**

- Do not share or reuse needles/syringes
- Do not share personal care items such as razors, blades and toothbrushes
- Avoid or reduce alcohol consumption
- Avoid self-medication
- Avoid body piercing or tattoos done with non-sterile instruments
- Do not allow unscreened blood transfusion
LIST OF HEPATITIS C TREATMENT CENTRES IN PUNJAB

1. Amritsar : JBMM Civil Hospital, Main Ram Bagh, Amritsar-143001
2. Amritsar : Government Medical College, Medical Enclave, Amritsar, Punjab 143001
3. Barnala : District Hospital, KC Rd, Barnala, Punjab 143101
4. Bathinda : District Hospital, Mansa Road, Opp. Police Lines, Bathinda, Punjab 151005
5. Faridkot : District Hospital, Garden Colony, Faridkot, Punjab 151203
6. Faridkot : Government Medical College, Guru Gobind Singh Medical College and Hospital, Sadiq Rd, Kotakpura, Faridkot, Punjab 151203
7. Fatehgarh Sahib : District Hospital, Fatehgarh Sahib, Fatehgarh Sahib 147407
8. Fazilka : Civil Hospital, Railway Road, Fazilka
9. Ferozepur : District Hospital, Housing Board Colony, Ferozepur City, District Ferozepur, Punjab 152002
10. Gurdaspur : Civil Hospital Gurdaspur, Babri, Punjab 143520
11. Hoshiarpur : Civil Hospital Hoshiarpur, Jalandhar Road, Punjab 146001
12. Jalandhar : District Hospital, Islam Ganj, Jalandhar, Jalandhar, Punjab - 144021
13. Kapurthala : District Hospital, Rabbit Avenue, Kapurthala, Punjab 144602
14. Ludhiana : District Hospital, Old Jail Road, Field Ganj, Ludhiana - 141008
15. Mansa : District Hospital, Water Works Road, Mansa 151505
16. Moga : District Hospital, New Town, Moga, Punjab 142001
17. Muktsar : Civil Hospital, Sri Muktsar Sahib, Canal Colony, Muktsar Rural, Punjab,152026
18. Pathankot : Civil Hospital Pathankot, Near Sahapur Chowk, Pathankot, Punjab 145001
19. Patiala : District Hospital, Rajindra Hospital Patiala, Sangrur Road, Patiala, Punjab 147001
20. Patiala : Government Medical College, Sangrur Road, Opposite Rajindra Hospital, Patiala, Punjab 147001
21. Rupnagar : District Hospital, Ali Mohalla, Mil Mil Nagar, Gugga Mari Mohalla, Rupnagar, Punjab 140001
22. Sangrur : District Hospital, Mubarak Mehal Colony, Sangrur, Punjab 148001
23. SAS Nagar : District Hospital, Phase-6 Mohali, Sahibzada Ajit Singh Nagar, Punjab
24. SBS Nagar : District Hospital, SH18, Gandhi Nagar Mohalla, Banga, Punjab 144505
25. Tarn Taran : District Hospital, NH-15, Tarn Taran Road, Guru Teg Bahadur Nagar, Tarn Taran Sahib, Punjab 143401

LIST OF ART CENTRES IN PUNJAB

1. Amritsar : Government Medical College, Medical Enclave, Amritsar 143001
2. Bathinda : Civil Hospital, Room no 109, Near Police Line, Mansa Road, Bathinda 151001
3. Ferozepur : Civil Hospital, Housing Board Colony, Ferozepur 152002
4. Jalandhar : District Hospital, Near Police Station, Jyothi Chowk, Islam Ganj, Jalandhar, 144001
5. Moga : District Hospital, New Town, Moga 142001
6. Patiala : Government Medical College, Sangrur Road, Opposite Rajindra Hospital, Patiala 147001
7. Tarn Taran : Civil Hospital, Near HDFC Bank, Amritsar Road, Tarn Taran - 143401
8. Batala : Mata sulakhni ji, Civil Hospital, ART Centre, Guru Nank Colony, Batala 143505
9. Faridkot : Guru Gobind Singh Medical College, Sadiq Road, Kotakpur, GGS Medical Hospital, Faridkot 151203
10. Hoshiarpur : Civil Hospital, Room no 16, (IDSP) Lab, Kamalpur, Hoshiarpur 146001
11. Ludhiana : Lord Mahavir Civil Hospital, Ludhiana 141001
12. Pathankot : District Hospital, Shahpur Road, Lamini, Pathankot 145001
13. Rupnagar : District Hospital, Ali Mohalla, Mil Mil Nagar, Gugga Mari Mohalla, Rupnagar 140001
The National Viral Hepatitis Control Program (NVHCP) has been launched by Ministry of Health and Family Welfare, Government of India on 28 July 2018. It is an integrated initiative for the prevention and control of viral hepatitis in India to achieve Sustainable Development Goal (SDG) 3.3 which aims to ending viral hepatitis by 2030. The NVHCP is being coordinated by the units at the centre and the states. State of Punjab through Department of Health & Family Welfare, had been implementing a programme for free management of Hepatitis C under Mukhtari Mantri Punjab Hepatitis C Relief Fund since June 2016. Now, the State of Punjab has adopted the guidelines of NVHCP and implementing as per national guidelines since 1st Sep 2018.

The Foundation for Innovative New Diagnostics (FIND) is a global non-profit organization that drives innovation in the development and delivery of diagnostics to combat major diseases affecting the world’s poorest populations. Our work bridges R&D to access, overcoming scientific barriers to technology development; generating evidence for regulators and policy-makers; addressing market failures; and enabling accelerated uptake and access to diagnostics in low- and middle-income countries (LMICs). Since 2003, we have been instrumental in the delivery of 24 new diagnostic tools. Over 50 million FIND-supported products have been provided to 150 LMICs since the start of 2015. A WHO Collaborating Centre, we work with more than 200 academic, industry, governmental, and civil society partners worldwide, on over 70 active projects that cross six priority disease areas. Website: www.finddx.org

The Punjab State AIDS Control Society (PSACS) is a registered society for state level implementation of National AIDS Control Programme (NACP), a 100% centrally sponsored project. PSACS started functioning in 1999, with Principal Secretary Health as Chairperson, Secretary Health designated as Project Director of the society whereas Additional Project Director is the technical head. Website: punjabsacs.punjab.gov.in

The Clinton Health Access Initiative, Inc. (CHAI) is a global health organization committed to saving lives and reducing the burden of disease in low- and middle-income countries, while strengthening the capabilities of governments and the private sector in those countries to create and sustain high-quality health systems that can succeed without our assistance. Website: www.clintonhealthaccess.org

The HEAD-Start project (Hepatitis C Elimination through Access to Diagnostics), funded by Unitaid is being implemented in Punjab for expanding and accelerating access to diagnostics for vulnerable populations. FIND, in partnership with State of Punjab through Department of Health & Family Welfare, is supporting the implementation HEAD-Start project.

Unitaid is an international organisation that invests in innovations to prevent, diagnose and treat HIV/AIDS, tuberculosis and malaria more quickly, affordably and effectively. Unitaid also work to improve access to diagnostics and treatment for HIV co-infections such as hepatitis C and human papillomavirus (HPV). Unitaid is a hosted partnership of the World Health Organization (WHO). Website: https://unitaid.org