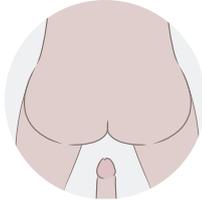


Hepatitis C is a serious liver infection. Many gay men with HIV have picked hepatitis C up during sex.

Hepatitis C is a virus found in blood. During sex, you may have contact with drops or traces of blood without noticing.

Anal sex without a condom, especially if it goes on a long time.



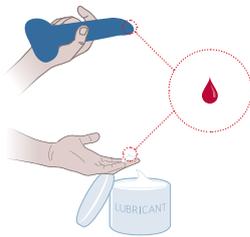
Fisting



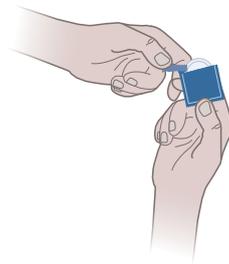
Using **sex toys**



At sex parties or sex clubs, there may be traces of hepatitis C **on sex toys or in pots of lubricant.**



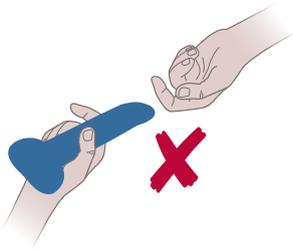
Use a **new condom** with each man.



Use a **different fisting glove** with each man, or **wash hands** very carefully.



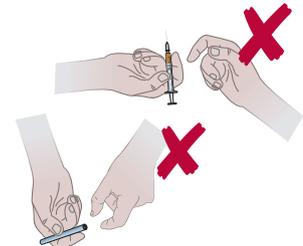
Don't share sex toys. If you do, cover them with a **new condom** each time.



Don't share pots of lubricant.



You can also get hepatitis C by **sharing equipment** used to **inject, 'slam' or snort drugs.**



Important points:

- Hepatitis C can be passed on during sex that could lead to contact with small traces of blood.
- Many gay men with HIV have picked up hepatitis C during sex. Some gay men have caught both HIV and hepatitis C around the same time.
- Heterosexual people rarely pick up hepatitis C during sex.

Notes:

The hepatitis C virus can live outside the body for longer than HIV, and is more likely to be passed on.

Fisting gloves

You can get latex gloves from online retailers, large chemists, medical suppliers, some sex shops and some sexual health clinics.

Cleaning sex toys

If sex toys are made from plastic, clean them thoroughly between uses. Wash them with antibacterial soap and warm water, then soak them in a solution of one part household bleach to nine parts water. Rinse them well and allow them to dry.

Rubber, latex or jelly toys are hard to clean. Cover them with a new condom each time if you share them.