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Building Nunavut Together
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# Public Service Announcement

## World Hepatitis Day 2019

**Start Date: July 26, 2019**
**End Date: July 28, 2019**
**Nunavut-wide** **75 sec**

World Hepatitis day is held yearly on July 28 to raise awareness and to motivate individuals to get tested or seek treatment. It is estimated that 600,000 Canadians have viral hepatitis and many don't know that they are infected (https://www.catie.ca/en/whd).

Though hepatitis B and C are different viruses they can be passed in similar ways through:

- unprotected oral, anal, or vaginal sex;
- shared drug equipment;
- unsterilized tattoo or body piercing equipment;
- blood to blood contact;
- shared household items like toothbrushes or razors (hepatitis B), and
- during childbirth.

Hepatitis causes inflammation of the liver and destroys healthy liver cells over time if left untreated. Symptoms of hepatitis often go unnoticed but can include:

- Fatigue.
- Decreased appetite.
- Yellowing of the skin and eyes.
- A rash.
- Dark-colored urine.
- Flu-like symptoms.

Testing for hepatitis is done via a blood test at your local health centre. There is a vaccine to prevent hepatitis B and Nunavummiut are encouraged to review their immunization status with a nurse in their community and keep up to date on all immunizations.

Other ways Nunavummiut can prevent the spread of hepatitis and other sexually transmitted infections (STIs) include:

- Use condoms or barriers. Condoms and lubricants are free at health centres and other community locations in Nunavut.
- Get tested regularly for STIs before having sex with a new partner(s). Get tested if you or your partner(s) have sex with someone other than each other. Get tested even if you've used condoms.

For more information, visit your health Centre or www.irespectmyself.ca.

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**Media Contact:**

Wende Halonen
Senior Communications Officer
Executive and Intergovernmental Affairs
867-975-6048
WHalonen@gov.nu.ca

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