



Tan Tock Seng
HOSPITAL
National Healthcare Group

HCSA
COMMUNITY SERVICES



HCSA Community Services:

Educate, Test, Treat!

Hepatitis C Elimination

Programme

PECC-GST-ED-2024-1828-V1

EDUCATE, TEST, TREAT!

Hepatitis C Screening & Treatment Journey



Receive befriender support to accompany you for treatment, and get up to \$160 in Grab vouchers!

1st Stage

Swab test

1
Halfway House Screening
60 mins

Receive:

1. ETT programme briefing
2. HCV swab test
3. ETT survey
4. **\$40 Grab voucher**

2nd Stage

Confirmation test

2
Hospital Visit
90 mins


Receive:

1. Consultation
2. HCV blood test
3. **\$40 Grab voucher**

3
Tele Consult
5 mins

Receive:

1. Update on HCV status


Financial Assistance
5 mins

Provide:

1. Financial documents for financial assistance application

3rd Stage

Treatment

4
Hospital Visit
60 mins

Receive:

1. Consultation
2. HCV medication
3. **\$40 Grab voucher**

5
Tele Consult
5 mins

Receive:

1. Treatment follow-up check

6
Hospital Visit
60 mins

Receive:

1. HCV cure blood test
2. **\$40 Grab voucher**

7
Tele Consult
5 mins

Receive:

1. Update on HCV cure



During your recovery you can expect:

Total no. of sessions: up to 7 sessions
Total duration required: up to 5 hours
Total incentives: Grab vouchers worth up to \$160

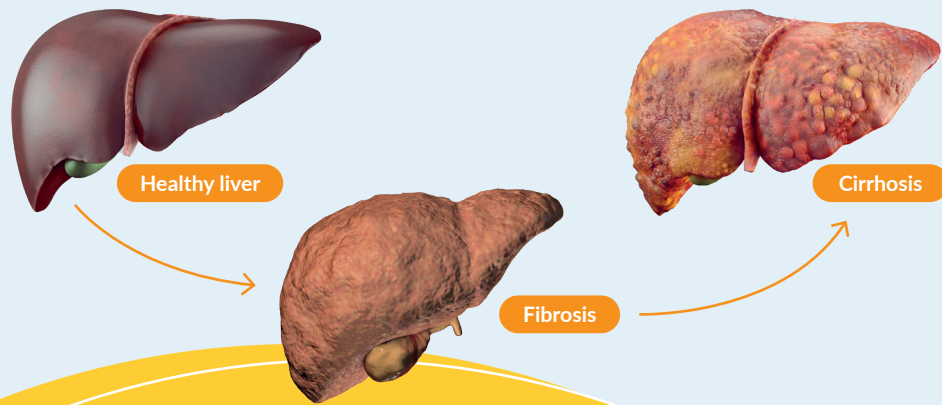
HEPATITIS C

What you should know

What is Hepatitis C?

An infectious disease caused by a virus that attacks your liver.

It damages your liver, leading to liver fibrosis, liver hardening (cirrhosis), which causes liver cancer and liver failure.



How does it spread?

Hepatitis C is primarily spread through exposure to infected blood, such as through:



Raw wounds



Piercings



Tattoos

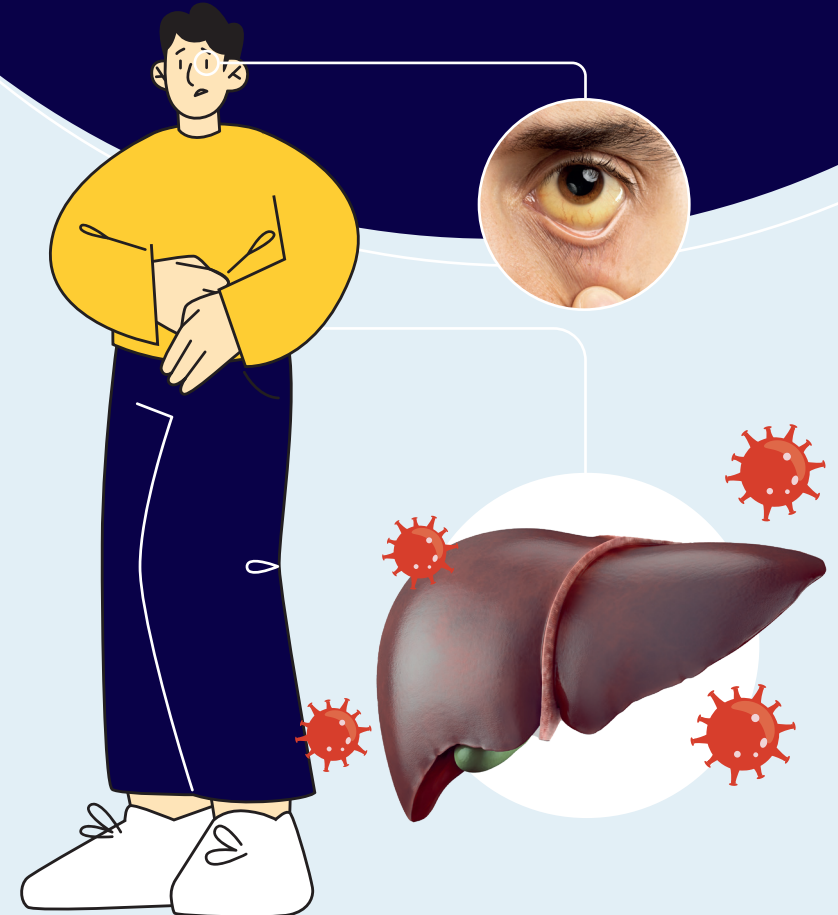


Shared needles or syringes

What to expect if Hepatitis C virus enters the body?

When a person is exposed to the Hepatitis C virus, the body will try to eliminate it to prevent it from staying in the body.

This is called an **ACUTE infection**. Most people with acute infections have no symptoms, but some may experience yellow discolouration of the skin and eyes called "jaundice".



What to expect if Hepatitis C virus enters the body?

When a HCV infection is **chronic**, it means that the virus is going to stay in your body for a longer period.

Such a person may experience the following symptoms:



Abdominal discomfort



Diarrhoea



Headache



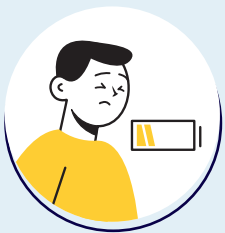
Low-grade fever



Poor appetite



Skin rash



Easily tired

What happens if the Hepatitis C virus stays in our liver?

The liver is a vital organ that helps to excrete toxins from our body. It also produces essential proteins, which ensure that you do not bleed easily and maintain your health.



A damaged liver is a 'time bomb' in our body as we are vulnerable to liver failure and cancer.

Liver cirrhosis – What is the fear?

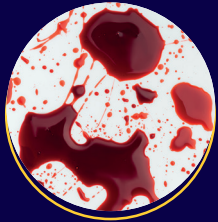
When a person has liver cirrhosis and liver failure, many things can happen.



Extreme tiredness and not being able to concentrate



Swelling of the abdomen and legs due to water accumulation



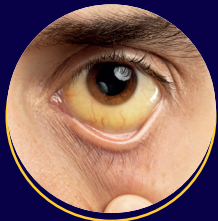
Bleeding tendencies



Vomiting blood due to bleeding vessels in your food pipe (oesophagus)



Developing life-threatening liver cancer



Yellow discolouration of skin and eyes (jaundice)

Advanced liver cirrhosis – The impact on your life

- You may not be able to work again
- You may not enjoy a normal lifestyle
- You will need to come to the hospital frequently for clinic visits or hospitalisation
- You may lose your ability to make decisions
- You may suffer from a shortened life expectancy



Why let all these things happen to you when you can prevent them?

We encourage you to be:

Educated on Hepatitis C

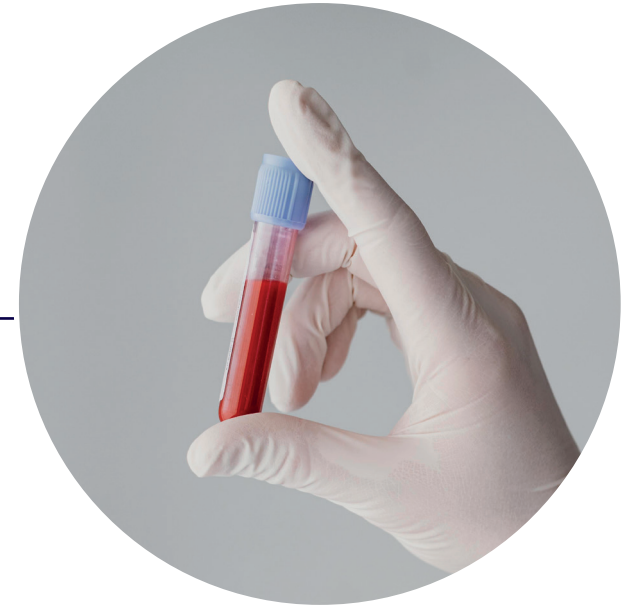
Tested for Hepatitis C

Treated if you are tested positive



How to test for Hepatitis C?

Hepatitis C can be readily detected using a **blood test** performed at a clinic or hospital. The test is called **Anti-HCV**, which indicates previous **exposure** to the virus.



This test will not show that you have an active infection, but it will indicate if the Hepatitis C virus has ever infected your body.



A **quick test** can also be done via an OraQuick® test using **a drop of blood from your finger** or **saliva** to check for Hepatitis C antibodies.



What should you do before taking the OraQuick® Hepatitis C test?



Make sure you **do not** eat, drink, brush your teeth, or rinse your mouth for 30 minutes before the saliva test



If the test is conducted correctly, your OraQuick® Hepatitis C test result should be **75-80% accurate**^a

a: Abstract Publication: Assessing OraQuick® HCV Point-of-Care Test for Hepatitis C Screening Among PWID: Real-World Insights. October 2023.

What happens after you have taken the OraQuick® Hepatitis C test?



Your report will be ready in **20 to 40 minutes**



If you tested **positive**, you should get help to confirm that you have an active Hepatitis C infection

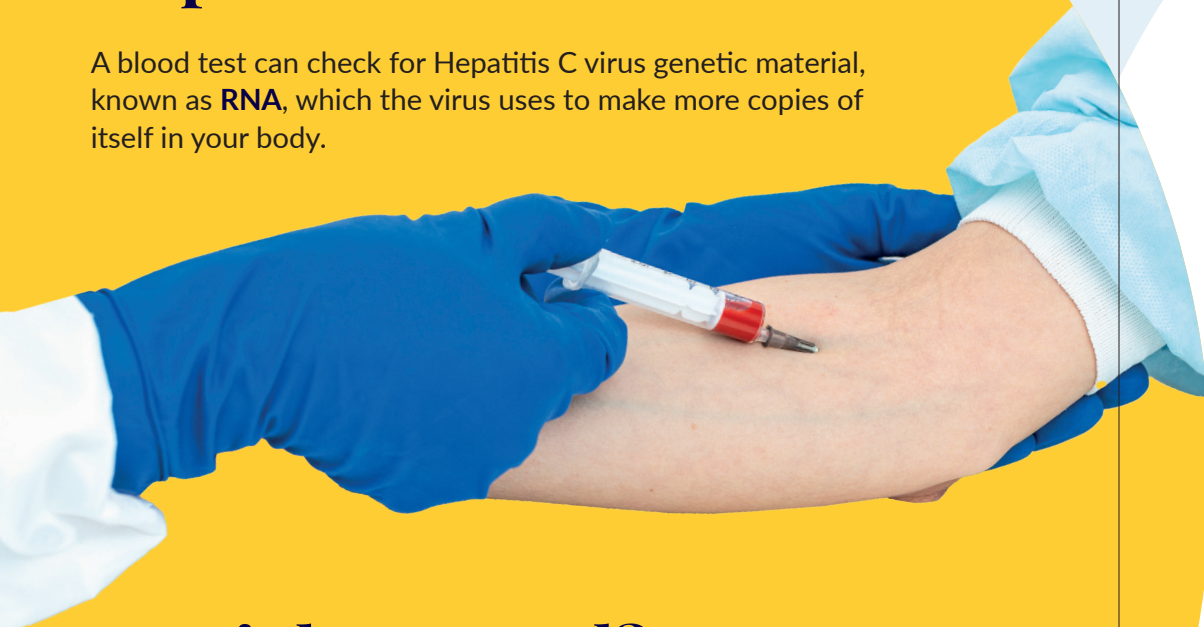


If you tested **negative** but have risk factors related to Hepatitis C, you may consider repeating the saliva test or going to a nearby clinic for a blood test for confirmation



How to confirm an active Hepatitis C infection?

A blood test can check for Hepatitis C virus genetic material, known as **RNA**, which the virus uses to make more copies of itself in your body.



Can it be treated?



Yes!

There are **pills** you can take that can cure Hepatitis C for most people in about 8 to 12 weeks



No injection is required



It is **safe and tolerable**



If you are at risk of Hepatitis C infection, why wait?

We are here to help you through your Hepatitis C screening and treatment journey.

All you need to do is to contact us!

Contact us at

✉ givehope@hcsa.org.sg ☎ 6276 8002



The Educate, Test, Treat! Hepatitis C Elimination Programme

is here to provide you with free Hepatitis C screening and treatment.

You can be successfully cured of HCV in just a few months!

Receive up to \$160 in Grab vouchers
when you attend HCV screening and treatment sessions

HCSA Community Services, in partnership with Tan Tock Seng Hospital, are committed to supporting you through your recovery journey from Hepatitis C!