

# HEPATITIS C: TREATMENT, SEX, AND PREVENTION FOR GBMSM

## WHAT IS THE TREATMENT FOR HEPATITIS C?

The treatment for HCV infection is called direct-acting antivirals (DAAs).

- After eight to 12 weeks, DAAs can lower HCV viral load, and the health care provider will determine if the person is cured of HCV.
- All gbMSM clients who test positive for HCV should be considered for DAAs.

## DURING SEX

Reduce HCV infection with condom use, lots of lubricant, and bring your own sex toys, materials and equipment (do not share).

- Use condoms—for penises and sex toys, and condoms can be used for anal, frontal hole and vaginal sex protection. For fisting and fingering, use latex or nitrile gloves and lots of silicone- or water-based lubricant; do not use spit.

## BEFORE AND AFTER SEX

Perform self-checks regularly at home, and screenings for sexually transmitted infections (STIs).

- At home check for signs of STIs, cuts and for potential openings in areas where you may have sex, such as the bum, penis, scrotum (ball sac), frontal hole, arms, wrists, hands, mouth and more. If in doubt, talk to your healthcare provider.
- Clean yourself and any items used during sex in-between partner play. To know more about sex, and HCV, check out [NoMoreC](#), for the top 13 recommendations on cleaning the groin area, hands, forearms, sex toys and sex equipment.

## PREVENT REINFECTION

gbMSM can become reinfected as HCV can survive on surfaces such as blood or lubricant for periods between four days to several weeks.

- Sex in a well-lit area helps with noticing when someone is bleeding. Hygiene is crucial to help lower the chances of infection before, after and during sex.

