

Common questions about hepatitis C during pregnancy and after delivery:

What kind of delivery should I have?

- You can have a vaginal delivery or a C-section. Neither route of delivery has been shown to increase transmission to your baby.

Is it safe to breastfeed my baby?

- Yes! Hep C is not transferred through breastmilk. Avoid breastfeeding if you nipples are cracked or bleeding.

Is it safe for me to hug and kiss my baby?

- Yes! Hep C is not transmitted through saliva, coughing, or sneezing. Hep C is spread through blood. You can hug and kiss your baby without fear of spreading hep C.

Is there treatment for hepatitis C?

- Yes! Hep C can be cured in adults and children 3 years and older.



OTHER RESOURCES

Maine Center for Disease Control and Prevention

1-800-821-5821

www.maine.gov/dhhs/hepatitis

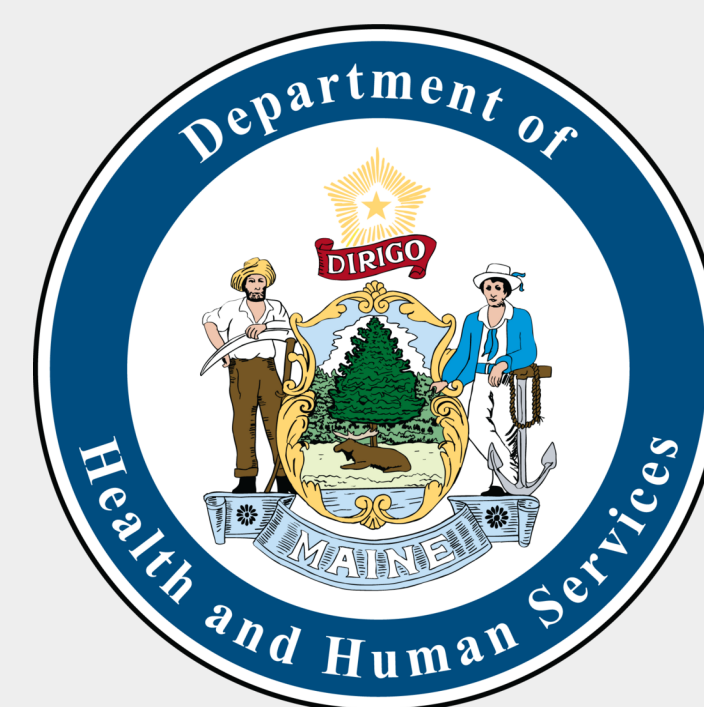
Hepatitis C Linkage to Care Form

https://redcap.link/HCV_Linkage



U.S. Centers for Disease Control and Prevention

www.cdc.gov/hepatitis



Hepatitis C & Pregnancy

A Guide for Hepatitis C, Pregnancy and Babies



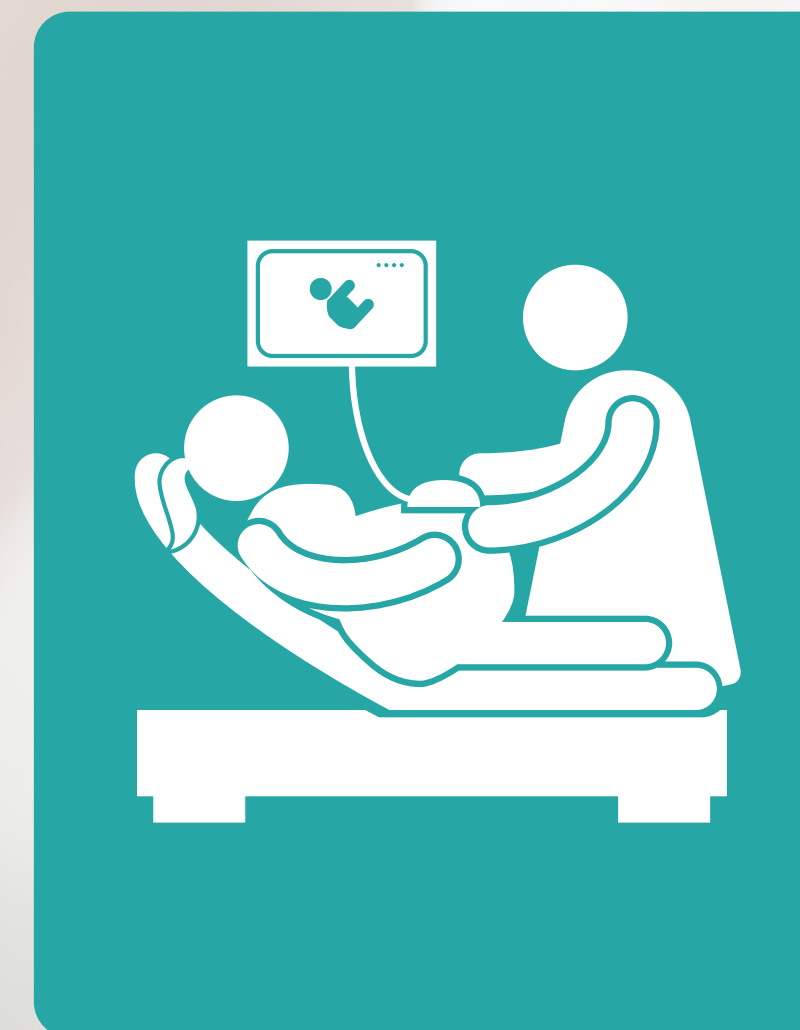
Maine CDC
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What is Perinatal Hepatitis C?

If you have hepatitis C (hep C) and are pregnant, hep C can be passed to your fetus during pregnancy or your baby at the time of birth. This is known as perinatal hep C.

Perinatal transmission is the leading cause of hep C in children.

There is currently no way to prevent transmission of hep C to your fetus during pregnancy or your baby at the time of birth. There are things you can do to protect yourself and your baby after delivery.



What can I do for myself if I have hep C?

Once you deliver your baby, medicine is available to **cure** your hep C.

Taking control of your hep C will help protect your future babies from hep C and protect the health of your liver.

Avoid drinking alcohol and review all medications with your doctor, especially if you are also taking medication for HIV.

Tell your baby's doctor if you have hep C!



It is important to let your baby's doctor know you have hep C.

When should I get my baby tested for hep C?



After 2 months of age, test for hep C RNA

OR

After 18 months of age, test for hep C Antibody

If positive, follow up with a hep C RNA test to confirm

Why should I pay attention to hep C and my baby?

Hep C can impact the development and the health of your baby for the rest of their life.

Most hep C positive children show little or no sign of being sick. The only way to know if your baby has hep C is with a blood test.

Not receiving care for hep C can lead to permanent liver damage.

What can I do to protect my loved ones from hep C?

Hep C is transferred through blood. Do not share items that can get blood on them such as needles, razors, toothbrushes, or nail clippers. Wear condoms when having sex.

There is no vaccination for hep C, but keep all other vaccinations up to date to protect your child.

Talk to your baby's doctor about getting your baby tested for hep C.

About 1 in 20 babies born to pregnant people with hep C will develop a hep C infection. That chance increases if the pregnant person also has HIV.

Knowing your baby's hep C status will help you get them the care they need.

**HAVE QUESTIONS?
CALL 800-821-5821**