



**NATIONAL
NURSE-LED CARE
CONSORTIUM**
a PHMC affiliate

RESOURCE GUIDE

WELLNESS GUIDE: FIRST-TIME PARENTS

IN PARTNERSHIP WITH:

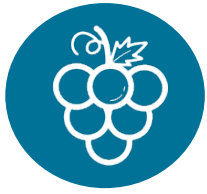
PHMC Nurse-Family Partnership (NFP)
1080 N. Delaware Ave., Suite 300 D
Philadelphia, PA 19125
215-287-2114

A close-up photograph of a woman with dark, curly hair looking down at a baby. The woman is wearing a light-colored top. The baby is lying down, looking up at the woman. The background is a soft, out-of-focus white.

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Resource Framework for Parents



Food/Nutrition Resources

- COMPASS: apply for many health and human services
- Greensgrow: SNAP share program
- Eating Healthy on a Budget
- Farm to Families Program
- Philabundance: community kitchen
- List of Free Meals in Phila
- Listing of Food Resources in Philadelphia
- FOR MORE RESOURCES:
 - Visit CAP4KIDS here
 - Visit the PA Network of Care here



Financial Planning

- Clarifi: financial wellness non-profit
- City of Phila. Financial Empowerments Centers
- COMPASS
- FreshEBT App
- Utility Assistance Programs
- WORC (Women's Opportunity Resource Center)
- FOR MORE RESOURCES:
 - Visit the PA Network of Care here



Housing Resources

- FEMA: Emergency Rental and Mortgage & Utilities Assistance
- County Assistance Office
- Philadelphia Council for Community Advancement
- Emergency Shelter Allowance (ESA)
- FOR MORE RESOURCES:
 - Visit the PA Network of Care here



Legal Services

- Temple Legal Aid
- Philadelphia Legal Assistance
- Ayuda Community Center
- PA Health Law Project
- Education Law Center
- F.A.C.E (Father's and Children's Equality)
- Community Legal Services
- Women Against Abuse, Legal Clinic
- Women's Law Project
- FOR MORE RESOURCES:
 - Visit the PA Network of Care here



Children Resources

- Enhancing Parenting Skills Program: free 12 week parenting skills program with free childcare
- Healthy Start Programs: childcare, housing, medical risk assessments, etc.
- Parent Action Network: free support groups & information for parents
- Maternity Care Coalition (MCC)
- Amachi: provides mentorship to children impacted by incarceration
- Sesame Street Resources for Families with Incarcerated Parents
- Fatherhood Enrichment Program
- FOR MORE RESOURCES:
 - Visit CAP4KIDS here
 - Visit the PA Network of Care here



Educational Resources

- GED Resources
 - Office of Adult Education: City of Philadelphia
 - Community Learning Centers
- Higher Education Resources:
 - Achieve Higher Education (ACE) Program
 - Community College of Philadelphia
 - College Access Program
 - Affordable Colleges Online
- Workforce Development:
 - I-LEAD Program
 - Temple University: Adult Literacy Training
 - Non-profit Technology Resources
 - Project HOME: Honickman Learning Center
- FOR MORE RESOURCES:
 - Visit the PA Network of Care here



Employment Training

- Phila OIC: job training, GED, computer skills, and more
- Career Link: helps with job readiness, resume advice, job listings, and workshops
- Phila Workforce Development Corp: free assistance with training, resumes, and job placement
- Free Library Job and Career Center
- Philadelphia Unemployment Project
- FOR MORE RESOURCES:
 - Visit the PA Network of Care here



Healthcare Resources

- Kids' Corner Health Topics
- Interactive Resource for Kids
- Vaccines for Children (VFC) Program
- Immunization Schedule for Kids
- Adult Immunization Schedule
- Immunization Tracking Form
- Vaccine-Dispensing Pharmacies
- Find a Community Health Center near you
- To find local health practitioners and organizations
- Hep B Online Support Groups
- Perinatal Hepatitis B Services
- Viral Hepatitis Info in Phila
- Know your Patient Rights

Name of Organization and Offered Services	Education	Advocacy & Rights	Child & Youth Programs	Economic Development	Employment Assistance	Victim/Witness Services	Family Reunification Assistance ²	Healthcare & Social Services	Citizenship/Asylum Assistance	Legal Assistance	Resettlement Services
KidsHealth: advice on children's health, behavior, and growth	●										
HealthReach: health information in many languages	●										
Coalition Against Hepatitis for People of African Origin	●							●			
Medical Legal Partnership-Community Legal Services								●	●	●	
Health Information Translations: Quality health education resources for diverse populations	●										
EthnoMed: Integrating Cultural Information to Clinical Practice	●										
ISPEAK Cards - Multiple Languages		●									
National Child Traumatic Stress Network (NCTSN) Learning Center	●	●						●			
HIAS Know Your Rights During COVID-19: Documents in 7 Languages	●	●									
Selected Patient Information in Asian Languages (SPIRAL)	●										
NSW Multicultural Health Communication Service	●										

Save Money & Eat Healthier!



Greater Philadelphia Coalition Against Hunger

215-430-0556

www.hungercoalition.org



Call our Hotline 215-430-0556 for free, confidential service to:

- Check your eligibility for SNAP (food stamps) and apply by phone
- Get help with problems with your benefits
- Find pantries and other food programs in your area



FOR FAMILIES WITH CHILDREN

WIC (Women, Infants and Children) Program: Helps pregnant women and mothers with children under age 5 with food, health screenings and nutritional information. 1-800-743-3300, www.northwic.org

Maternity Care Coalition: Provides baby formula and other services. 215-972-0700, <http://momobile.org>

Free Summer Meals for Kids (June-August): Free meals & snacks for kids 18 & under. No registration required. To find a site, call 1-855-252-MEAL (6325), text "FOOD" to 877877, or visit www.phillysummermeals.org



FOR SENIORS or PEOPLE AT NUTRITIONAL RISK DUE TO ILLNESS

Philadelphia Corporation for the Aging: Provides meals at senior centers and delivers meals to eligible seniors. Gives out farmers' market vouchers at various locations. 215-765-9040, www.pcacares.org

Aid For Friends: Delivers free meals to isolated homebound individuals. 215-464-2224, www.aidforfriends.org

MANNA: Delivers meals to people at nutritional risk due to illness. Dietitians provide free nutritional counseling. A referral is required from a medical care provider. 215-496-2662 x5, www.mannapa.org



FREE OR DISCOUNTED FOOD OR PRODUCE

SHARE Food Program: Get \$50 in groceries for \$20-30 plus 2 hours of community service. Accepts SNAP (food stamps) and farmers' market vouchers. 215-223-2220, www.sharefoodprogram.org

Jewish Relief Agency (JRA): Delivers a free box of kosher food once a month, regardless of religious affiliation. Recipients must live within JRA's service area in Philadelphia and surrounding counties. 610-660-0190, www.jewishrelief.org

Fresh for All: Philabundance (www.philabundance.org) offers free produce year-round, weather permitting. No ID or registration is required, but you must bring your own bag, box or cart. Days and locations include:

- *Wednesday 12:30-1:30pm, Lillian Marrero Library, 601 W. Lehigh Avenue, 19133*
- *Thursday 10:00-11:00am, Einstein Medical Center, Tabor Road & Park Avenue, 19141*
- *Thursday 10:30-11:30am, Salvation Army, 5830 Rising Sun Avenue, 19120*
- *Friday 1:30-2:30pm, at the lot under the I-95 overpass at Front and Tasker Streets, 19147*

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FARMERS' MARKETS

Find your closest farmers' market by visiting www.phillyfoodfinder.org

Philly Food Bucks, <http://thefoodtrust.org/farmers-markets>

Spend \$5 in SNAP at your farmers' market, and get a \$2 Philly Food Bucks coupon to buy more fruits and vegetables. Most markets open May/June through October/November.

Farmers' Market Nutrition Program (June-November)

Eligible WIC participants and qualifying seniors can receive \$20 in FMNP checks to buy vegetables and fruits at Philadelphia farmers' markets. Checks are distributed in the summer and must be used by Nov. 30.

WIC participants: contact WIC office. Seniors: contact Philadelphia Corporation for Aging 215-765-9040.

Farm to Families, <http://www.scfchildren.org/farm-to-families-initiative>

Buy a box of farm-fresh produce worth \$20-\$30 for just \$10-\$15. Eggs, meat and fish also sold.

Order one week in advance. Pay with cash, SNAP or credit card. Order and pick up from 8 locations in Philadelphia and Bucks County. Contact St. Christopher's Foundation: 215-568-1126

Greensgrow Farms SNAP Share, <http://www.greengrow.org/snap/> or call or call 215-427-2780 ext 2.

SNAP eligible households can choose from 3 options for a weekly or bi-weekly share of fresh, local produce June-November, for \$35-70 per month. Pick up in Kensington, West Philly, South Philly or Center City. Earn Philly Food Bucks if you pay with SNAP benefits.

GROW YOUR OWN!

Take a **CLASS** to learn how to grow, prepare, cook and preserve healthy food:

PHS Garden Tenders: 215-988-8846

<http://phsonline.org/greening/garden-tenders>

Greensgrow Farms: 215-427-2702

<http://www.greengrow.org/events/>

Central Library Culinary Literacy Center, 1901 Vine St.

<http://libwww.freelibrary.org/culinary/>

GRID Magazine calendar of events:

www.gridphilly.com/events

Do you know? SNAP Benefits can be used to buy seeds and food-bearing plants! Check at your local farm stand, co-op or grocery store.

Discover ways to **EAT HEALTHY ON A BUDGET**

<http://foodfitphilly.org/eat-healthy-on-a-budget/>

Join a **FOOD CO-OP**

<http://www.philadelphia.coop/phillycoops/>

PARTICIPATE IN A COMMUNITY SUPPORTED AGRICULTURE (CSA) program:

<https://www.phillymag.com/be-well-philly/2018/03/08/csa-farm-share-philadelphia/>

DONATE EXTRA PRODUCE to pantries through PHS' City Harvest program. Call 215-988-8800 or visit: <http://phsonline.org/programs/city-harvest>



GREATER PHILADELPHIA COALITION AGAINST HUNGER

215-430-0556

WWW.HUNGERCOALITION.ORG

August 2018

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PHMC COMMUNITY HEALTH CENTERS

To find city health centers near you, [click here](#)

Name	Address	Services	Phone	Hours
PHMC Care Clinic	1200 Callowhill Street, Suite 101 Philadelphia, PA 19123	<ul style="list-style-type: none">• Adult and pediatric primary care• Family planning services• Women's healthcare services• HIV and Hepatitis C testing, counseling, and treatment• Peer recovery services, referral navigation, health insurance assistance• Behavioral health and trauma informed consultation services• Clinical social workers• Health and nutrition counseling• Immunizations and flu shots• Management of chronic health conditions including diabetes, hypertension, asthma and others• Medical case management• Addiction medicine• Social services assistance	215.825.8220	Monday: 7:30 a.m. – 6:30 p.m. Tuesday: 8:30 a.m. – 5:00 p.m. Wednesday: 7:30 a.m. – 8:00 p.m. Thursday: 7:30 a.m. – 5:00 p.m. Friday: 7:30 a.m. – 3:00 p.m. Walk-ins welcome! Same day appointments available.
PHMC Health Connection	1900 North 9th Street Suite 104 Philadelphia, PA 19122	<ul style="list-style-type: none">• See above list for more services.	215.765.6690	Monday, Tuesday: 8:30AM – 5:00PM Wednesday, Thursday: 8:30AM – 8:00PM Friday: 8:30AM – 3:00PM Saturday: 8:30AM – 12:00PM Walk-ins welcome! Same day appointments available.
Rising Sun Health Center	One & Olney Square 5675 North Front Street Philadelphia, PA 19120	<ul style="list-style-type: none">• See above list for more services.	215.279.9666	Monday, Tuesday, Thursday: 7:30 a.m. – 6:30 p.m. Wednesday: 7:30 a.m. – 8:00 p.m. Friday: 8:30 a.m. – 3:00 p.m. Walk-ins welcome! Same day appointments available.
Mary-Howard Health Center	125 South 9th Street Philadelphia, PA 19107	<ul style="list-style-type: none">• See above list for more services.	215.592.4500	Monday, Wednesday, Thursday: 7:00 a.m. – 5:00 p.m. Tuesday: 7:00 a.m. – 7:00 p.m. Friday: 7:00 a.m. – 3:00 p.m. Walk-ins welcome! Same day appointments available.
Congreso Health Center	412 West Lehigh Avenue Philadelphia, PA 19133	<ul style="list-style-type: none">• See above list for more services.	Medical: 267.765.2272	Monday-Thursday: 8:30AM – 6:30PM Friday: 8:30AM – 3:00PM Encourage appointments, but welcome walk-ins as the health center's schedule permits.

Do You Have Questions About the **COVID-19 Vaccine?**

There are a lot of questions about the new COVID-19 vaccine. To help, we have collected a list of the most frequently asked questions from people about to receive the COVID-19 vaccine.

Don't see your question listed? Visit www.phila.gov/covid-19 for more FAQs and updates about the vaccine.

How does the COVID-19 vaccine work?

The COVID-19 vaccine is a medicine that helps your immune system fight the COVID-19 virus. It comes in the form of two injections.

1. The first injection primes your immune system, helping it recognize the virus.
2. The second injection strengthens your immune response. After receiving both injections, the vaccine will greatly reduce your chances of getting sick.

Are you injecting the virus?

No. The COVID-19 vaccine contains incomplete pieces of the COVID-19 virus. None of the COVID-19 vaccines contain live COVID-19 virus cells.

Is a COVID-19 vaccine necessary?

We strongly recommend getting vaccinated. The vaccine decreases your chances of catching the COVID-19 virus. It also reduces the spread of the virus, and helps keep your family, neighbors, and friends safe.

Has the vaccine been tested?

Yes. The vaccine has been tested in large clinical trials of 43,000 and 30,000 volunteers. It gets approved by an Emergency Use Authorization, and is monitored during trials and after approval and in widespread use.

Do I still need to wear a mask and social distance after getting vaccinated?

Yes. We must continue to try and stop the spread of the virus. Please continue wearing a mask and social distancing until most people have the vaccine.

Can I get COVID-19 after getting vaccinated?

The COVID-19 vaccine greatly reduces your chances of getting sick. But, we won't know how long immunity lasts until we have more data. Please continue wearing a mask and social distancing after receiving the vaccine.

What is the vaccine efficacy rate?

Large clinical trials show the both Pfizer and Moderna vaccine's efficacy rate is approximately 95%.

Can children receive the vaccine?

No. The current COVID-19 vaccines are only available to those 16 years and older.

Will my medication interact with the vaccine?

No. There are no known drug interactions with the COVID-19 vaccine.

What are the potential side-effects?

Short-term side effects include a sore arm, headache, fatigue, chills, and fever. These side effects are signals that your immune system is working.



Did You Know Your Child Can Get Free Vaccines?

Vaccines for Children Can Help

The Vaccines for Children (VFC) program provides free vaccines to children who qualify. About half of American children less than 19 years old receive VFC vaccine.

Is my child eligible for the VFC Program?

Children are eligible if it is before their 19th birthday and they:

- Qualify for Medicaid
- Don't have insurance
- Are American Indian or Alaska Native

Children whose insurance doesn't cover some or all routinely recommended vaccines (underinsured) can still get vaccines through VFC if they go to a Federally Qualified Health Center or Rural Health Clinic.

Where can I go to get my child vaccinated?

- Ask if your child's doctor or nurse is a VFC provider. Nationally, there are thousands of health care providers enrolled in the VFC program.
- If your child does not have a doctor, ask if your local public health department provides vaccines.
- Visit a Federally Qualified Health Center (FQHC) or Rural Health Clinic (RHC).

How much will I have to pay?

- All routinely recommended vaccines are free through the VFC Program.
- Doctors can charge fees to give each shot. However, they cannot refuse to vaccinate your child if you are unable to pay these fees.
- The doctor can charge additional fees for the office visit or non-vaccine services such as an eye exam or blood test.

Where can I get more information?

- Ask your child's doctor's office if they participate in VFC.
- If you don't have a regular doctor's office:
 - See if your state has a searchable website for VFC providers.
 - Call your [state or local health department](#).
 - Visit findahealthcenter.hrsa.gov to find a Federally Qualified Health Center.



Learn more at [CDC.gov/features/vfcprogram](https://www.cdc.gov/features/vfcprogram)



Hepatitis B Fast Facts

Everything you need to know in 2 minutes or less!

What is Hepatitis B?

Hepatitis B is the most common serious liver infection in the world. It is caused by the hepatitis B virus (HBV), which attacks liver cells and can lead to cirrhosis (scarring), liver failure, or liver cancer.

Most healthy people who are infected as adults are able to fight off the infection and clear the virus from their blood. This may take up to 6 months, and they are infectious during this time. Unfortunately, infants and young children are at the greatest risk of developing chronic (lifelong) infection if they are exposed to HBV.

Approximately 5-10% of adults, 30-50% of children, and 90% of babies are not able to fight off the virus and will develop chronic infection. Chronically infected people can pass the virus on to others (even if they have no symptoms) and are at increased risk for developing liver disease and liver cancer later in life.

The good news is that hepatitis B can be prevented with a safe and effective vaccine. There are also effective treatments for those who live with chronic hepatitis B.

Hepatitis B by the Numbers

In the World:

- 30 million will become infected with HBV
- 292 million people worldwide are chronically infected with hepatitis B
- 780,000 people die each year - 1 person every 30 seconds - from hepatitis B complications, such as liver cancer

In the United States:

- Up to 80,000 new people will become infected with HBV
- Up to 2.2 million Americans are chronically infected with hepatitis B
- Thousands of Americans die from hepatitis B and its complications, such as liver cancer

Can Hepatitis B be Prevented?

YES! Ask your doctor about the safe and effective HBV vaccine and protect yourself and your loved ones for a lifetime. The CDC, the American Society of Pediatrics, and the World Health Organization recommend that all infants, children and adolescents up to age **18** receive the HBV vaccine. The hepatitis B vaccine is also universally recommended for adults. Remember, it only takes **2-3** shots for a lifetime of protection!

How is Hepatitis B Transmitted?

Hepatitis B is transmitted through infected blood and bodily fluids. This can occur through direct blood-to-blood contact, unprotected sex, drug use, and from a mother living with HepB to their newborn during pregnancy or childbirth.

Hepatitis B can be spread by:

- Direct contact with infected blood
- Unprotected sex
- Unsterilized needles (IV drug use, tattoo/piercing needles)
- Living in a household with an infected person
- A mother living with HepB to her newborn baby during pregnancy or childbirth
- Sharing razors, toothbrushes, nail clippers, earrings or body jewelry with an infected person
- Human bites from an infected person
- Unsterilized instruments used by unlicensed dentists, doctors, and barbers

Hepatitis B is not spread by:

- Kissing on the cheek or lips
 - Coughing or sneezing
 - Breastfeeding
- Casual contact such as hugging, holding hands or shaking hands
- Eating food prepared by or eating a meal with an infected individual



Who is Most at Risk for Hepatitis B?

- Children born to mothers who are infected with HBV
- People who live in close household contact with a chronically infected individual
- Children adopted from a country where HBV is prevalent
- Individuals who have unprotected sex or have more than one sexual partner within a 6-month period
- People who have been diagnosed with a sexually transmitted disease (STD)
- Men who have sex with men
- Individuals who share needles and/or injection equipment
- Health care providers and emergency responders
- People who are undergoing kidney dialysis
- Individuals who live or work in a communal setting, such as a prison or group home

Additional Hepatitis B Resources

- Hepatitis B Foundation: <http://www.hepb.org>
- CDC Hepatitis Branch: <https://www.cdc.gov/hepatitis/>
- World Health Organization: <http://www.who.int/mediacentre/factsheets/fs204/en/>
- Immunization Action Coalition: <http://www.immunize.org>

Pregnancy and Hepatitis B

What is Hepatitis B?

Hepatitis B is the most common serious liver infection in the world. It is caused by the hepatitis B virus (HBV) that attacks liver cells and can lead to liver failure, cirrhosis (scarring) or liver cancer later in life. The virus is transmitted through direct contact with infected blood and bodily fluids, and from a hepatitis B positive parent living with hepatitis B to their newborn during pregnancy or childbirth.



If I am pregnant, should I be tested for hepatitis B?

Yes, all pregnant persons should be tested for hepatitis B! Pregnant persons living with hepatitis B can transmit the virus to their newborns during pregnancy or childbirth. Almost 90% of babies born to infected mothers will become chronically infected with hepatitis B at birth if there is no prevention. But the good news is that a hepatitis B infection can be prevented.

What if I test positive for hepatitis B while I am pregnant?

If a pregnant person tests positive for hepatitis B, then they should be referred to a liver specialist or a doctor with experience treating people with HBV for further evaluation and care.

How can I protect my newborn from hepatitis B?

A newborn baby can be protected from hepatitis B infection if the first dose of the hepatitis B vaccine and one dose of hepatitis B immunoglobulin (HBIG) is given to the baby in the delivery room or within the first 24 hours of life (recommended by the World Health Organization, WHO), preferably within 12 hours (recommended by the Centers for Disease Control and Prevention, CDC). These two shots must be given at birth, at different injection sites in order to help prevent a hepatitis B infection. These medications should be ordered in advance so that they are available at the time of delivery. The infant will need to complete two more doses of the hepatitis B vaccine to provide complete protection. These two doses are usually given at 1 and 6 months of age. If a baby born to an HBV-infected mother does not receive the HBV vaccine beginning at birth, then they have greater than a 90% possibility of becoming chronically infected. There is no second chance! It is vitally important that all newborns be vaccinated at birth against hepatitis B!

In addition, if a pregnant person tests positive for the hepatitis B e-antigen (HBeAg+) and has a high viral load (high HBV DNA blood test), then treatment with oral antiviral medications after the first 3-6 months of pregnancy (during the second or third trimester) should be discussed with a doctor. Decreasing one's hepatitis B viral load could help reduce the risk of transmitting the virus during pregnancy and childbirth.

Hepatitis C

What is hepatitis?

Hepatitis means inflammation of the liver. The liver is a vital organ that processes nutrients, filters the blood, and fights infections. When the liver is inflamed or damaged, its function can be affected. Heavy alcohol use, toxins, some medications, and certain medical conditions can cause hepatitis.

Hepatitis is most often caused by a virus. In the United States, the most common types of viral hepatitis are hepatitis A, hepatitis B, and hepatitis C. Although all types of viral hepatitis can cause similar symptoms, they are spread in different ways, have different treatments, and some are more serious than others.

All adults, during each pregnancy, and people with risk factors should get tested for hepatitis C.

Hepatitis C

Hepatitis C is a liver disease caused by the hepatitis C virus. When someone is first infected with the hepatitis C virus, they can have a very mild illness with few or no symptoms or a serious condition requiring hospitalization. For reasons that are not known, less than half of people who get hepatitis C are able to clear, or get rid of, the virus without treatment in the first 6 months after infection.

Most people who get infected will develop a chronic, or lifelong, infection. Left untreated, chronic hepatitis C can cause serious health problems including liver disease, liver failure, liver cancer, and even death.

How is hepatitis C spread?

The hepatitis C virus is usually spread when someone comes into contact with blood from an infected person. This can happen through:

- ➔ **Sharing drug-injection equipment.** Today, most people become infected with hepatitis C by sharing needles, syringes, or any other equipment used to prepare and inject drugs.
- ➔ **Birth.** Approximately 6% of infants born to infected mothers will get hepatitis C.
- ➔ **Healthcare exposures.** Although uncommon, people can become infected when healthcare professionals do not follow the proper steps needed to prevent the spread of bloodborne infections.
- ➔ **Sex with an infected person.** While uncommon, hepatitis C can spread during sex, though it has been reported more often among men who have sex with men.
- ➔ **Unregulated tattoos or body piercings.** Hepatitis C can spread when getting tattoos or body piercings in unlicensed facilities, informal settings, or with non-sterile instruments.
- ➔ **Sharing personal items.** People can get infected from sharing glucose monitors, razors, nail clippers, toothbrushes, and other items that may have come into contact with infected blood, even in amounts too small to see.
- ➔ **Blood transfusions and organ transplants.** Before widespread screening of the blood supply in 1992, hepatitis C was also spread through blood transfusions and organ transplants.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Symptoms

Many people with hepatitis C do not have symptoms and do not know they are infected. If symptoms occur, they can include: yellow skin or eyes, not wanting to eat, upset stomach, throwing up, stomach pain, fever, dark urine, light-colored stool, joint pain, and feeling tired. If symptoms occur with a new infection, they usually appear within 2 to 12 weeks, but can take up to 6 months to develop.

People with chronic hepatitis C can live for years without symptoms or feeling sick. When symptoms appear with chronic hepatitis C, they often are a sign of advanced liver disease.

People can live with hepatitis C without symptoms or feeling sick.

Getting tested is the only way to know if you have hepatitis C.

A blood test called a hepatitis C antibody test can tell if you have been infected with the hepatitis C virus—either recently or in the past. If you have a positive antibody test, another blood test is needed to tell if you are still infected or if you were infected in the past and cleared the virus on your own.

CDC recommends you get tested for hepatitis C if you:

- Are 18 years of age and older
- Are pregnant (get tested during each pregnancy)
- Currently inject drugs (get tested regularly)
- Have ever injected drugs, even if it was just once or many years ago
- Have HIV
- Have abnormal liver tests or liver disease
- Are on hemodialysis
- Received donated blood or organs before July 1992
- Received clotting factor concentrates before 1987
- Have been exposed to blood from a person who has hepatitis C
- Were born to a mother with hepatitis C

Hepatitis C can be cured.

Getting tested for hepatitis C is important to find out if you are infected and get lifesaving treatment. Treatments are available that can cure most people with hepatitis C in 8 to 12 weeks.



Hepatitis C can be prevented.

Although there is no vaccine to prevent hepatitis C, there are ways to reduce the risk of becoming infected.

- Avoid sharing or reusing needles, syringes or any other equipment used to prepare and inject drugs, steroids, hormones, or other substances.
- Do not use personal items that may have come into contact with an infected person's blood, even in amounts too small to see, such as glucose monitors, razors, nail clippers, or toothbrushes.
- Do not get tattoos or body piercings from an unlicensed facility or in an informal setting.



Common questions for mothers with Hep C:

Is it safe to breastfeed my baby?

Yes! Hep C is not transferred through breast milk.

What kind of delivery should I have?

You can have a vaginal delivery or a c-section. C-sections or other types of delivery have not been found to prevent Hep C transmission.

If I hug and kiss my baby, will my baby get Hep C?

No, Hep C is NOT transmitted through saliva, coughing or sneezing. Hep C is spread through blood and unprotected sex. You can hug and kiss your baby without fear of spreading Hep C.

Philadelphia Department of Health Perinatal Hepatitis C Program

If you are pregnant and have tested positive for Hepatitis C, you can get help from Philadelphia's Perinatal Hepatitis C Program.

Call 215-685-6849 for more information.

Other Resources

Philadelphia Department of Public Health

Perinatal Hepatitis C Coordinator
HEP-DDC@phila.gov
215-685-6849

Viral Hepatitis Program
215-685-6493

www.phillyhepatitis.org



Hepatitis C & Pregnancy

A GUIDE FOR MOTHERS WITH HEP C



What is Perinatal Hepatitis C?

If you have Hepatitis C (Hep C) and are pregnant, Hep C can be passed to your baby during pregnancy or during birth. This is known as perinatal Hep C.

Mother to baby transmission is the leading cause of Hep C in children.

There is currently no way to prevent transmission of Hep C to your baby during pregnancy or during birth, but there are things to do to protect your baby's health.



CALL FOR MORE INFO | 215-685-6849

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

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

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

About 1 in 20 babies born to moms with Hep C will develop long term Hep C infection. That chance increases if the mom also has HIV.

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

When should I get my baby tested for Hep C?

After 18 months of age **Test for Hep C Antibody.**
*if positive follow up with a
Hep C viral load test to confirm

OR

After 2 months of age **Test for Hep C RNA AND test**
again after 12 months of age

After 12 months of age **Test once for Hep C RNA**

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 to 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.

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

Hep C can impact the development and the overall 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.

Protect your loved ones

Hep C can be transferred through unprotected sex and contact with blood. Be sure to use condoms when having sex.

Don't share items that can get blood on them such as needles, razors, nail clippers or toothbrushes.

No vaccine is available to protect either a baby or mother from Hep C, but you should keep all of your child's vaccinations up-to date.



PHMC NNCC

*Together we can reduce health disparities and meet
people's primary care and wellness needs*



For additional assistance, please contact
Your NFP Nurse or NNCC's Senior Project Manager,
Christine Simon, at csimon@phmc.org