

## About Us

HepNS is a charitable organization that reduces the impact of hepatitis through support, information and education.

Our goals are to:

- Reduce transmission rates through preventative education;
- Promote healthy living through information and support for those living with hepatitis;
- Reduce the stigma, isolation and discrimination associated with hepatitis.



## Contact Us

### Mailing Address

PO Box 29120 RPO  
Halifax Shopping Centre  
Halifax, NS B3L 4T8

### Office Location

5571 Cunard Street, Suite 201  
Halifax, NS B3K 1C5

**Phone:** (902) 420-1767

**Toll-Free:** 1-800-521-0572

**Fax:** (902) 463-6725

**Email:** info@hepns.ca

**Web:** www.HepNS.ca

## Support Our Work

With your support we can continue our vital work. Contact us today to discuss how you can make a difference.

### Giving is Easy!

- A) **Fill out this form to donate by cheque or cash.**  
B) **Call the office or use the website link to donate by credit card.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_

Email: \_\_\_\_\_

Please make payable to:  
Hepatitis Outreach Society

Please check if you would like to receive the following:

Information about volunteering

Free Community Connections  
Newsletter

*An income tax receipt will be issued for donations over \$10.00.*

*Charitable Registration # 885513523RR0001*



Hepatitis Outreach Society of Nova Scotia

## Support, Information, Education

Do you have questions or are you looking for information about hepatitis?

Are you newly diagnosed and want support?

Need to talk to someone who understands?

If you answered yes to any of these questions, contact us.

**Toll free in Nova Scotia**  
**1-800-521-0572**

**In Halifax Regional Municipality**  
**call 902-420-1767**

**On the web**  
**www.HepNS.ca**

Hepatitis is swelling or inflammation of the liver that can be caused by consuming contaminated water or food, re-use or sharing of needles and syringes, non-sterile piercing and tattooing equipment or not practicing safer sex.

People living with hepatitis can experience effects ranging from mild illness to serious liver damage such as liver failure or cancer.

Common signs are:

- jaundice (yellowing of the skin or eyes)
- abdominal pain
- dark urine
- loss of appetite
- flu-like symptoms (fever, fatigue, nausea, vomiting, aching muscle and joints)

In Canada, the most common types of viral hepatitis are A, B and C.

### Hepatitis A

- Transmitted by eating or drinking contaminated water or food
- Usually clear the virus in 2–6 months
- A vaccine is available and is recommended for travellers

### Hepatitis B

- Highly infectious and is transmitted through blood, body fluids or sexual contact
- 90% clear the virus within 6 months
- A vaccine is available

### Hepatitis C

- Highly infectious and transmitted through blood
- Most people do not experience any symptoms and may feel quite healthy for years
- No vaccine is available

### Support

**Online:** Connect with others locally or provincially, share stories and read about the experiences of others on the HepNS Online Community.

**In-Person:** Connect through our Facebook page, call or email to reach a one of the HepNS staff to find support in your area.

#### By Telephone:

1-800-521-0752 (toll-free) or 902-420-1767 (in the HRM) is a confidential phone line to get information about hepatitis, get support and referrals.

If you, or someone you know is looking for information about hepatitis, prevention, treatment options and healthy living, we can help.

### Information

Stay connected or learn more about hepatitis through our website, [www.HepNS.ca](http://www.HepNS.ca), through our Twitter feed (@HepNSca) or view videos on the HepNS YouTube channel.

Sign up for our free **Community Connections Newsletter** which provides information on hepatitis prevention and treatment. The newsletter is circulated to members and community organizations throughout Nova Scotia. Get this informative newsletter mailed to your home or download it from our website.

More information about all of our programs and services is available on our website [www.HepNS.ca](http://www.HepNS.ca)

### Education and Prevention

Information and training workshops are available:

- Hepatitis 101: The ABC's
- Hip Not Hep: Safer Tattoo and Piercing
- Spread the Word: HCV/HIV Co-infection
- Hepatitis Information for New Nova Scotians
- Hepatitis Information for Health and Personal Care Workers
- Hepatitis C and Intimacy

**To have HepNS speak at your health fair, school or staff meeting, please contact us.**

### Did you Know?

- Hepatitis C is 10 times more common than HIV/AIDS in Atlantic Canada
- More than 5,000 Nova Scotians are living with hepatitis C
- An estimated 300,000 Canadians are living with hepatitis C
- There are approximately 7,000 new cases of hepatitis C in Canada each year
- At present, there is no vaccine for hepatitis C.