

Temporary Workers & Employment Authorization

People coming to Nova Scotia from outside the country who hold an Employment Authorization document can apply for medical coverage on their day of arrival in Nova Scotia, provided their Work Permit is valid for at least 12 months.

International Students

People from outside the country who hold a Study Permit can apply for coverage the first day of the thirteenth month following the date of arrival in Nova Scotia as a student.

Coverage expires every year and must be applied for every year under the same rules as the first application.

Caring for yourself if you have Hepatitis

- Avoid drinking alcohol and medications that may cause liver damage.
- Maintain normal weight and eat the healthiest diet you can.
- Get regular exercise and get enough sleep.
- Practice safer sex and inform partners of status.
- Do not share any needles syringes, razors tooth brushes
- Continue assessment with Healthcare provider, notify if you're pregnant.
- Get hepatitis A & B immunization.

www.HepatitisOutreach.com

The Hepatitis Outreach Society of Nova Scotia

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

HepNS provides vital programs such as our Information and Support Line, our *Community Connections* newsletter, and Education & Prevention services through community partners, schools & universities, health fairs, shelters, and more.



Hepatitis Outreach Society of Nova Scotia

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Hepatitis: The Facts for New Nova Scotians

Hepatitis is an inflammation (swelling) of the liver that is caused by a virus.

Do you know?

About 1 in 12 people in the world have hepatitis.

About 600,000 Canadians have hepatitis.

In Nova Scotia, more than 5,000 people have hepatitis C.

Having hepatitis will NOT affect Immigration to Canada.

Having hepatitis will NOT affect Canadian citizenship.

Hepatitis A Virus (HAV):

- 1.4 million cases worldwide annually
- You can get this from eating or drinking contaminated (dirty) water or food (especially food that is not cooked fully), or food that someone has touched after using the wash-room without washing their hands, or water that has animal or human waste in it.
- Symptoms are like having the flu: being tired, headache, fever, loss of appetite, wanting to vomit, sore muscles, pain near the liver, and jaundice (yellowing of the skin and whites of the eyes).
- There is a vaccination (injection) available to prevent getting the virus.



Hepatitis B Virus (HBV):

- You can get this from an infected person's blood or body fluids such as sweat, tears, saliva, semen, saliva, vaginal secretions, menstrual blood and breast milk.
- You can get this from having sex without a condom.
- It can also be transmitted during birth from mother to child.
- Often there are no symptoms or signs, so many people do not know they are sick.
- There is a vaccination (injection) available to prevent getting the virus.
- HBV once in your system it is there for life.

Hepatitis C Virus (HCV):

- In Atlantic Canada, hepatitis C is 10 times more common than HIV/AIDS.
- You can get this from an infected person's blood or blood contaminated in other body fluids.
- It is important to never re-use or share needles or any other drug equipment.
- If you are getting a tattoo or body piercing, make sure the equipment (needles and inks) are new and opened in front of you.
- Symptoms are like having the flu: being tired, headache, fever, loss of appetite, wanting to vomit, sore muscles, pain near the liver, and jaundice (yellowing of the skin and whites of the eyes).
- Often there are no symptoms for 20 years or more, so many people do not know they are sick.
- There is NO vaccination (injection) to prevent the virus, but there is treatment.

How do I know if I have hepatitis and finding a doctor?

- The only way to know is to have a blood test. See your doctor.
- You may call physician offices in your area directly to see if they are accepting new patients. Some walk-in clinics accept new patients, call the clinics to see if they are accepting new patients.
- For further information, please call the Physician Information Line at 902-424-3047.

Interim Federal Health Services for Refugees

- Interim Federal Health Services (IFH) helps pay for the expense of urgent and essential health services for refugee claimants not covered by the provincial health insurance program.

Coverage under the IFH program includes:

- Essential health services for the prevention and treatment of serious medical and dental conditions (including immunizations and other vital preventative medical care);
- essential prescription medications;
- contraceptive, prenatal and obstetrical care; and
- the immigration medical examination (only for individuals who are unable to pay)

Interpretation Services

Nova Scotia Interpreting Services (NSIS) helps improve communication between people from various cultural and linguistic backgrounds by delivering accurate, impartial and confidential interpretation. Tell your physician if you need an interpreter.