



# 2023 WORLD HEPATITIS DAY ART CONTEST

**WINNING SUBMISSIONS**



Canadian Association  
for Global Health  
Association canadienne  
pour la santé mondiale



**GILEAD**

Creating Possible

# List of Winners (Female Category)

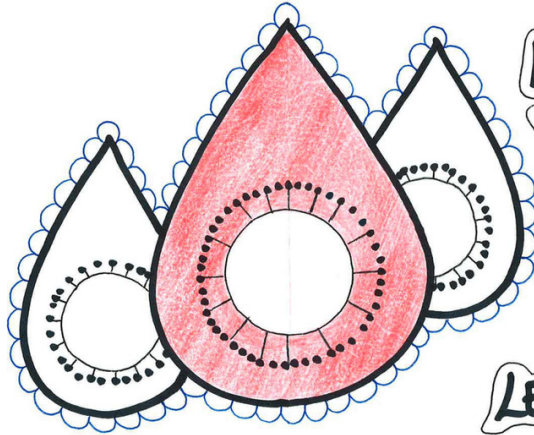
First Place Prize

Tamara S, Edmonton Institution for Women, AB

## VIRAL HEPATITIS

- WE ARE NOT WAITING -

GET VACCINATED  
GET TESTED  
GET TREATED  
YOUR HEALTH  
IS #1



LEFT UNTREATED,  
V H CAN CAUSE  
LIVER DAMAGE  
& CANCER  
LET'S PREVENT IT

# List of Winners (Female Category)

## Second Place Prize

Melena P, Grand Valley Institution for Women, ON

People with hepatitis A, B and C do not always have symptoms but they can still transmit the infection to others.



## HEPATITIS AWARENESS



Know your status

# GET TESTED!

There are 600,000 Canadians living with hepatitis

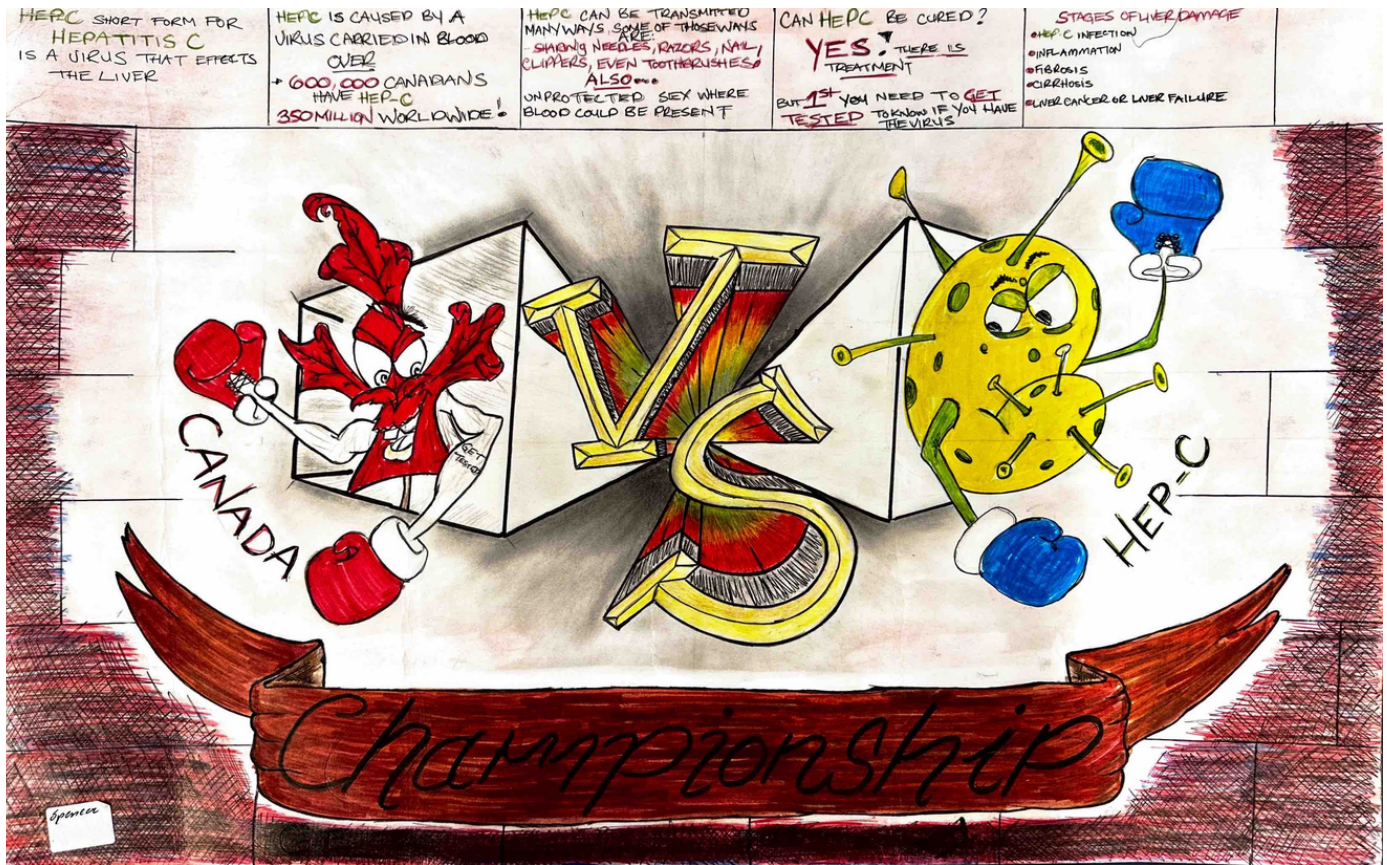
Melena



# List of Winners (Female Category)

## Third Place Prize

Spencer S, Grand Valley Institution for Women, ON





# List of Winners (Female Category)

## Appreciation Prize

Jessica S, Central Nova Scotia Correctional Facility, NS

**ONE LIFE** **HEPATITIS A, B & C** **ONE LIVER**

**CAN HEPATITIS LIVE OUTSIDE THE BODY?**

- As can live outside of your body for months.
- Blood can live for almost 1 day, while still being able to cause an infection.
- Can live on household & clinic surfaces for up to 6 weeks at room temperature.
- In open air for almost 4 days.
- Clean surfaces with household bleach solution.

**PREVENTION METHODS**

- get vaccinated for Hepatitis A and B.
- don't share needles.
- don't use tattoo & piercing equipment.
- safe handling & disposal of needles & medical waste.
- harm-reduction services.
- testing of donated blood.
- practice safe sex.
- use condoms.
- use dental dams.
- use water-based lubricants.

**Hepatitis Food & Drink**

Drinks that are likely to be contaminated are fruits & veg, their packaging, their water, their ice. This type won't lead to long-term infection, but liver will heal in 2 weeks. Can be prevented with a vaccine.

**TREATMENT**

You can get treatment for hepatitis B & C. Although treatments do exist, early detection drastically increases your chances of successful treatment. There is no treatment for hepatitis A, but it is a self-limiting disease which means your body will naturally absorb the infection.

**Approximately 30% of people infected with hepatitis C spontaneously clear the virus. A, B, or C without meds do not clear. Always have without symptoms but treat - they can still transmit the infection to others.**

**Symptoms of Hepatitis:**

- fever
- fatigue
- loss of appetite
- nausea
- vomiting
- abdominal pain
- dark urine
- light colored bowel movements
- joint pain
- jaundice (yellowing of the skin/eyes)

**Statistics**

- ONLY 1 in 10 people actually know that they have the hepatitis virus.
- ACCORDING TO CASH 600,000 - CANADIANS ARE LIVING WITH HEPATITIS.
- 350 MILLION people worldwide have one of the hepatitis strains.

**! Did You Know?!**

- Hepatitis A** is contracted when you eat or drink something that already has the virus in it. Most times it happens from a restaurant or from a grocery store when a worker doesn't wash hands properly before handling or preparing your food.
- Hepatitis B** is a virus that lives in the blood, semen, and other fluids in your body. It is usually contracted by having sex with someone who is already infected. It can also be contracted by sharing needles (like IV drug use), being in direct contact with blood or fluids of an infected person, or by not using latex condoms, razors, or nail clippers. Don't share other sharers.
- Hepatitis C** can cause inflammation of the liver. The virus can cause both acute (short-term) and chronic (long-term) hepatitis. Having chronic hepatitis means it is now a long-term serious life-threatening illness. These consist of cirrhosis and/or fibrosis of the liver and it could also cause cancers such as liver cancer and lymphomas.

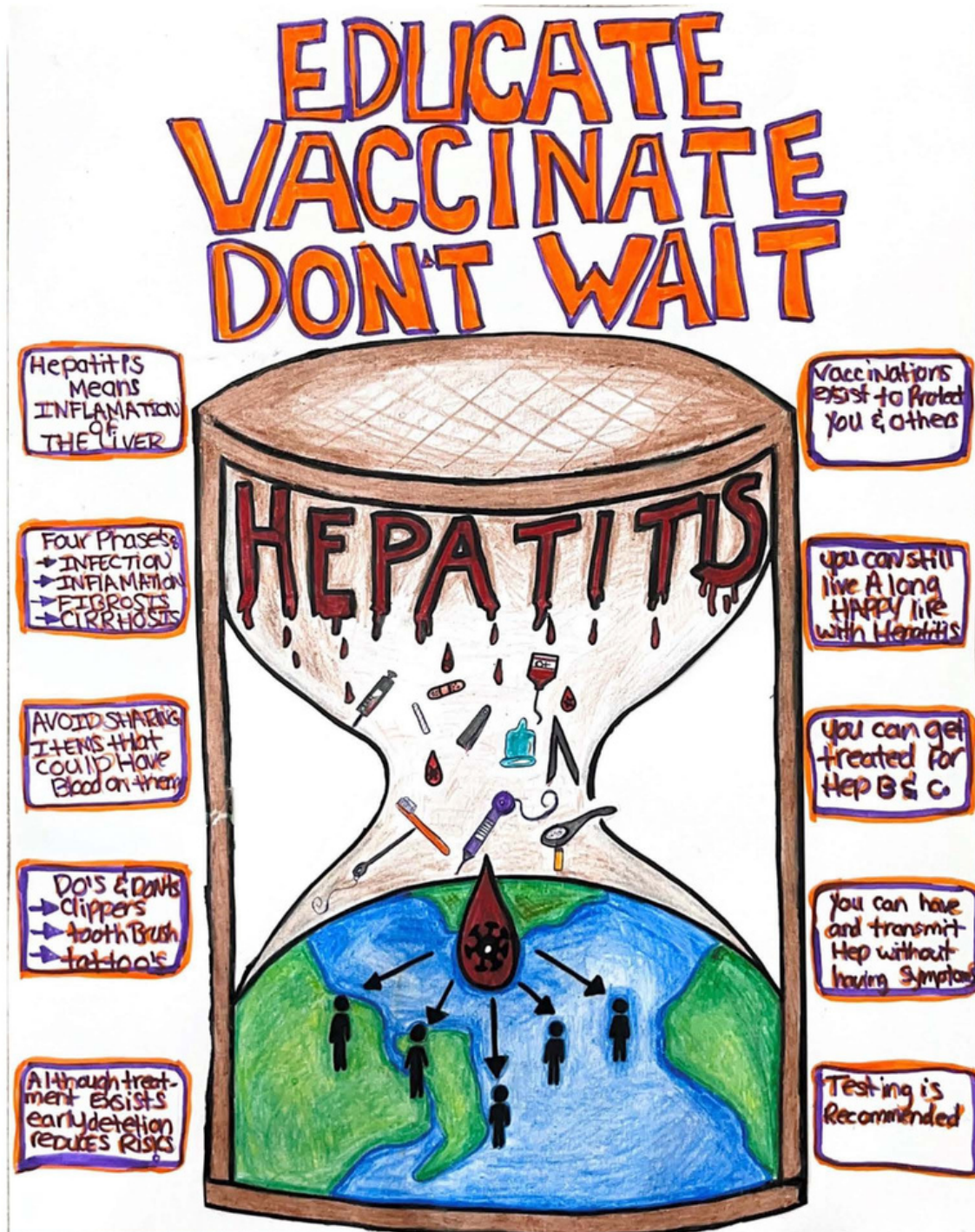
**Times Running Out**

**VACCINES ♦ TESTING ♦ TREATMENT**

# List of Winners (Female Category)

## Appreciation Prize

Crystal H & Tiffany M, Central Nova Scotia Correctional Facility, NS





# List of Winners (Female Category)

## Appreciation Prize

Elesha D, PE Provincial Correctional Centre, PEI

### Did you Know?

- There are 600,000 Canadians living with hepatitis.

- Only one in ten people know their status, meaning millions could have hepatitis and not know they have it.

- People with hepatitis A, B, and C do not always have symptoms but they can still transmit the infection to others.

- There are 5 main types of hepatitis: A, B, C, D, and E.

- Currently, 350 million people around the world live with hepatitis.

- Viral hepatitis is an infection of the liver caused by one of the five hepatitis viruses.

- Untreated viral hepatitis can cause liver damage and cancer.

- Hepatitis A and B are preventable with vaccines.

- Hepatitis C is curable with treatment lasting as little as eight weeks.

- Getting tested is the only way to know if you have hepatitis A, B or C.

- 90% of hepatitis C patients can be healed within three to six months.

## WE ARE NOT WAITING

## WORLD HEPATITIS DAY



DON'T HESITATE, EDUCATE

GET TESTED

INFORM YOURSELF

PROTECT YOURSELF

### HOW DOES THE VIRUS SPREAD?

- Hepatitis A and E: Spread through lack of food hygiene, contaminated water and sub-standard sanitary facilities.

- Hepatitis B, C, and D: Spread through blood, sperm and other bodily fluids.

#### Prevention:

- Get vaccinated.

- Don't share injecting, tattooing or piercing equipment.

- If you do share, use bleach to clean injecting, tattooing and piercing equipment.

- Use a condom or dental dam and water-based lubricant for safer sex.

- Don't use someone else's toothbrush, nail clippers, or anything that could have blood on it.

- **Vaccine:** you can get vaccinated against hepatitis A and B. There is no vaccination for hepatitis C.

- **Testing:** Testing is widely available and strongly recommended.

- **Treatment:** You can get treated for hepatitis B and C.

- Although treatments exist, early detection significantly increases the chances of successful treatment.

- Hepatitis A has no treatment, but it is a self-limited disease, meaning the body resolves the infection naturally.

#### IF YOU CARE DO NOT SHARE:



Snorters

needles



nail clippers

YOU COULD MAKE A DIFFERENCE. YOU HAVE NOTHING TO LOSE BY GETTING TESTED.



**Tabhita E, Grand Valley institution for women, ON**





# List of Winners (Male Category)

## First Place Prize

Jesse C, Nanaimo Correctional Centre, BC

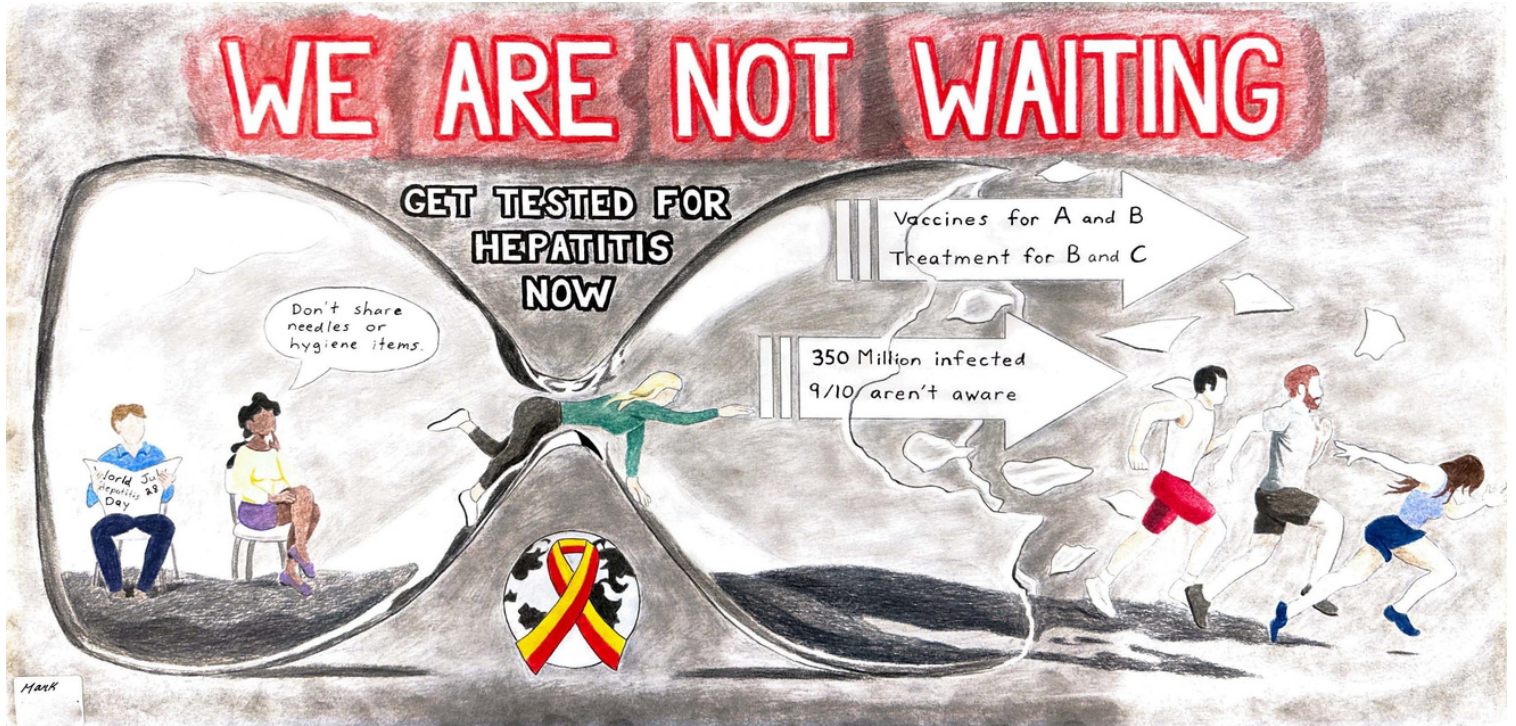




# List of Winners (Male Category)

Second Place Prize

Mark T, Bowden Institution, AB





# List of Winners (Male Category)

Third Place Prize

Ryan H, Etablissement de Port-Cartier, QC



# List of Winners (Male Category)

## Appreciation Prize

Patrick D, Regional Reception Centre, QC



Hépatite A-B-C sont des maladies  
sérieuses. Hémo se cache: donnez vos  
marques ne la fera pas disparaître! Soignez-la à temps!



Hépatite ABC Une maladie qui  
fait les peur!



Hépatite et ITSS  
Des symptômes à prendre au sérieux!  
Elles peuvent être fatales si elles ne sont  
pas soignées à temps



# List of Winners (Male Category)

Appreciation Prize

Roderick P, Regional Treatment Centre, BC





# List of Winners (Male Category)

## Appreciation Prize

Michael G, PE Provincial Correctional Centre, PEI





# List of Winners (Male Category)

## Appreciation Prize

Ty A, PE Provincial Correctional Centre, PEI

