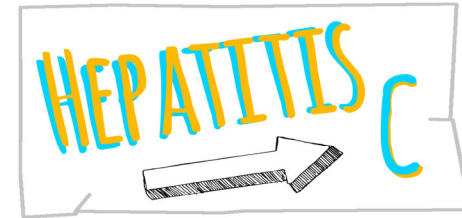




Utah Hepatitis C 2020-2021 Resource Guide



This resource guide is for Utah healthcare providers and people living with hepatitis C and their caregivers.

This resource guide is updated regularly. The most recent version can be found at: <http://health.utah.gov/epi/prevention/>.

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Introduction

Viral hepatitis is a major public health problem in Utah. Nationwide, it is estimated that more than 850,000 people are living with hepatitis B and at least 2.4 million people are living with hepatitis C (HCV). It is estimated that up to 5% of people infected with HCV do not know it. There is no vaccine for HCV, but it **can be cured through treatment with a healthcare provider.**

This Hepatitis C Resource Directory was prepared by the Utah Department of Health to inform the general community and health and human services providers about available viral hepatitis services in Utah.

The directory provides information about a range of services including:

- where testing is available,
- which healthcare providers or clinics provide medical care for people living with viral hepatitis,
- how to locate support services for people living with viral hepatitis, and
- where to get vaccinated for hepatitis A and B.

Included in this guide is basic information about viral hepatitis and links to important resources throughout Utah.

The guide also includes a list of valuable internet websites with important information on many topics related to viral hepatitis.

Please forward updates, changes and questions about this guide to the Disease Response, Evaluation, Analysis, and Monitoring program:

Ethan Farnsworth
801-538-6227
efarnsworth@utah.gov

As information and contact information changes regularly, confirm with each resource you contact.

How to use this guide

This guide is organized to help you find the services you need.

This guide is also designed to help a person living with viral hepatitis navigate through a process to learn about their health status and understand available resources and services.

Step One: Locate a Healthcare Provider

After you have tested positive for HCV antibodies (anti-HCV), find an appropriate healthcare provider who can give you a **confirmatory test**. This test is what confirms whether you do or do not currently have HCV in your blood. Your healthcare provider can also link you to treatment and care.

Appropriate healthcare providers may include the following:

- **Your Local Health Department** – Some offer testing. Find more information on finding your local health department in this booklet.
- **Primary Care Physicians** – Most offer HCV testing and treatment.
- **Community Health Centers** – Find more information in this booklet.
- **Primary Care Network (PCN)** – A health plan is offered by the Utah Department of Health that provides healthcare coverage for single adults ages 19–64 who qualify. If eligible, this booklet has information about providers that accept PCN covered individuals.
- **Veterans Services** – Locations and contact information is provided in this booklet.

Step Two: Find Support

One of the most important things you can do is find support. It can be frightening to be diagnosed with hepatitis C, but remember you are not alone. Talk with people you care about and ask for support. Different services are available, including **services for financial support**.

- **Mental Health Services** – Programs can include counseling and peer support groups.
- **Substance Abuse Services** – This can include treatment, counseling, and other services.
- **Patient Assistance Programs** – Programs that provide some financial assistance for medication, depending on eligibility.
- **Medicaid**
- **Veterans Services**

Step Three: Prevention

Getting treatment for HCV is very important, but there are other things you can do to reduce your risk of further infection and prevent further damage to your liver. It is also important to keep the virus from spreading to others.

To help your liver:

- Reduce your alcohol intake as much as possible (alcohol harms the liver).
- Eat a healthy, low-fat, low-salt diet.
- Drink lots of water.
- Get enough rest and moderate exercise.
- Get immunized/vaccinated and tested for HAV and HBV (the viruses that cause hepatitis A and B).
- See your Primary Care Physician for regular check-ups and visits to stay healthy and keep a check on your liver.

Preventing transmission to others

You can take steps to keep yourself and those around you healthy. There is no vaccine to prevent HCV. The only way to stop the spread of HCV is to avoid direct contact with infected blood.

- Do not share syringe needles or other injection equipment.
- Use recommended safety measures if you are exposed to blood or needle sticks.
- Practice safe sex – Multiple sex partners, rough sex, or sex with HIV+ individuals or individuals with a sexually transmitted disease can increase the risk of contact with HCV-infected blood.
- Use clean needles, ink, and other equipment for tattoos or body piercings.
- Don't share straws or pipes or other non-injection drug equipment.
- Do not share razors, toothbrushes, or other personal items with others.
- Wear gloves if you have to touch someone's blood.
- HCV is **not** spread by sharing eating utensils, hugging, kissing, holding hands, coughing, or sneezing.
- HCV is also **not** spread through food or water.

Can I transmit hepatitis C to my baby?

Yes, it is possible to transmit HCV to your baby during pregnancy or childbirth. The risk of transmission is believed to be low. About 1 of every 25 infants born to mothers with HCV become infected with HCV. Your baby can have either a vaginal delivery or a C-section. C-sections and other types of delivery have not been found to prevent HCV transmission.

HCV is not transmitted by breastfeeding. However, women who have cracked or bleeding nipples are advised to temporarily stop breastfeeding until the nipple is healed and is no longer bleeding.

Hugging and kissing your baby is perfectly safe, as HCV is not transmitted through saliva, coughing, or sneezing.

Mothers who have HCV and HIV are at greater risk of transmitting HCV to their babies. Talk to your healthcare provider to determine the best time to test your baby for HCV.

Healthcare for Hepatitis C**Why do I need to go to a healthcare provider?**

Your healthcare provider will check your overall health and keep a check on you to determine if and when you may need treatment. There are several different tests your healthcare provider may order:

- Liver function tests, also called a liver panel, to determine how well your liver is working. One of the most common tests is called ALT. The ALT levels are often, but not always, higher in people with hepatitis.
- An ultrasound to create a visual image of your liver.
- A liver biopsy to allow your healthcare provider to look directly at the health of the liver.
- A genotype test which determines the type of hepatitis C virus you have.
- A viral load test which determines how much virus you have in your body.

Questions to ask your healthcare provider

Having a list of questions to ask your healthcare provider during an appointment can be helpful to remember important questions to ask.

- Do I have acute or chronic hepatitis C?
- What is my current virus level? What does that mean?
- What is my genotype? What does my genotype mean?
- Do I have liver damage? If so, how much?
- Do you recommend treatment? What treatment do you recommend? What do I need to know about my treatment?
- Do I need to start treatment for hepatitis C now?
- How will this treatment interact with my other medications?
- How will you assess whether the treatment is working for me?
- What should I do if I have side effects? How can I manage the side effects?
- What symptoms should I pay attention to and look out for?
- Do I need to be vaccinated for hepatitis A and hepatitis B?
- How likely is it that I will develop cirrhosis or liver cancer?
- If I do not start treatment now, how often should my liver be monitored for liver damage?
- What medications or other substances should I avoid?
- Does my family need to be tested for hepatitis C? Should they be vaccinated for hepatitis A and hepatitis B?
- How often should I see a liver specialist (gastroenterologist)?

Healthcare for Hepatitis C (continued)

Finding a new healthcare provider or other medical professional can take a little effort.

- Ask if the healthcare provider is accepting new patients and if he/she treats HCV.
- What is the typical wait time for an appointment?
- Is your insurance accepted? If so, be certain you understand any co-pays, deductibles, or other out-of-pocket costs.
- Does the office bill your insurance or will you need to pay the fee directly and manage the insurance reimbursement yourself?
- What are the fees? Does the healthcare provider charge for time spent talking to you on the phone?

A list of testing facilities for STDs, HIV, and HCV is located on the Utah Department of Health website.

<http://health.utah.gov/epi/testing/>

Hepatitis A & B Vaccine

If you have hepatitis C, it is important that you get vaccines to protect against hepatitis A (HAV) and hepatitis B (HBV).

When people with hepatitis C are also infected with hepatitis A and/or hepatitis B, the infection can cause serious illness.

A combination HAV/HBV vaccine is available for people who are interested, and may be available through a special federal initiative grant for little or no cost to people with risk factors who are uninsured.

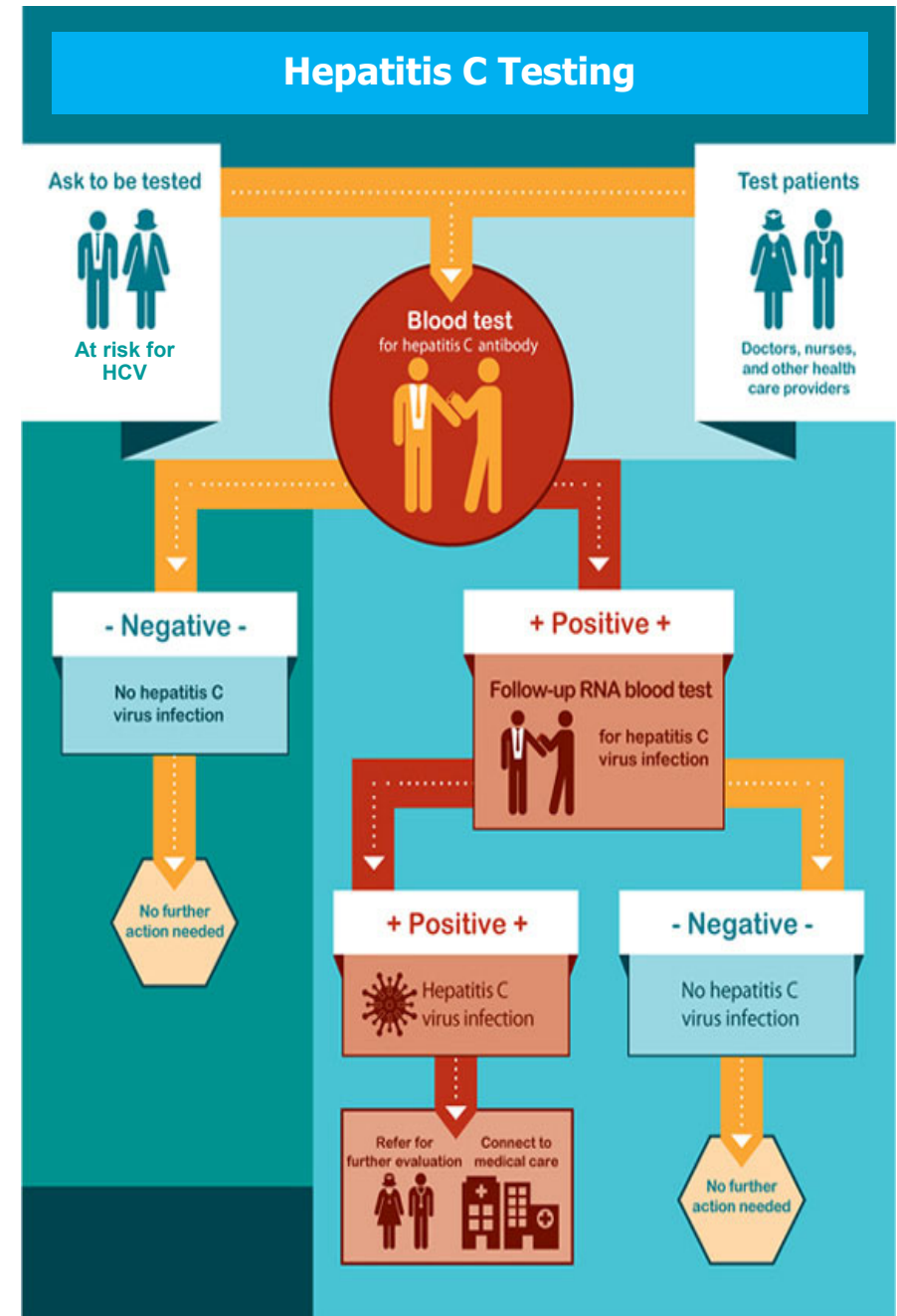
Utah hepatitis A&B vaccination information and availability:

<https://immunize.utah.gov/>

More information on vaccines and getting immunized:

<http://www.cdc.gov/vaccines/>

<http://www.vaccines.gov/>



Testing for Hepatitis C

Why is it important to get tested for hepatitis C?

- Millions of Americans have hepatitis C, but most don't know it.
- About 8 in 10 people who get infected with hepatitis C develop a chronic, or lifelong infection.
- People with hepatitis C often have no symptoms.
- Many people can live with an infection for many years without feeling sick.
- Hepatitis C is a leading cause of liver cancer and the leading cause of liver transplants.
- New treatments are available for hepatitis C that can get rid of the virus.

Who should get tested for Hepatitis C?

- Everyone aged 18 or older should get tested at least once in their life.
- All pregnant woman during each pregnancy.
- The following people, regardless of age:
 - Anyone who has ever shared any injection equipment (needles, syringes, cooker, cotton, water, etc.) for any reason,
 - People with HIV,
 - People with selected medical conditions,
 - Anyone who has received a transfusion or organ transplant before 1992,
 - Anyone after a needle stick or mucosal (eyes, mouth, nose, open wound) exposure to HCV positive blood,
 - Children born to mothers with HCV infection,
 - Anyone with ongoing risk factors such as people who inject drugs, share needles or other drug preparation equipment should be tested routinely.

Getting tested for hepatitis C

- A blood test, called a hepatitis C Antibody Test, is used to find out if a person has ever been infected with hepatitis C.
- The hepatitis C Antibody Test, also called the Anti-HCV Test, looks for antibodies to the hepatitis C virus. Antibodies are chemicals released into the bloodstream when a person gets infected.
- Test results can take anywhere from a few days to a few weeks to come back. New rapid tests are now available in some settings and the results of these tests are available in 20 to 30 minutes.

- Most people who get infected with the hepatitis C virus develop a chronic, or lifelong, infection. This is known as chronic hepatitis C.
- However, some people are able to get rid of, or "clear," the virus.

Non-reactive or negative hepatitis C antibody test

- A non-reactive or negative antibody test means that you are not currently infected with the hepatitis C virus.
- However, if you think you might have been exposed to hepatitis C in the last 6 months, you will need to be tested again.

Reactive or positive hepatitis C antibody test

- A reactive or positive antibody test means you have been infected with the hepatitis C virus at some point in time.
- Once people have been infected, they will always have antibodies in their blood. This is true whether they have cleared the virus or still have the virus in their blood.
- A reactive antibody test does not necessarily mean that you currently have hepatitis C and a follow-up test is needed.

Diagnosing hepatitis C

- If the antibody test is reactive, you need an additional test to see if you currently have hepatitis C. This test is called an RNA test. Another name for this test is a PCR test.
- If the RNA or follow-up test is:
 - Negative: this means you were infected with hepatitis C, but the virus has now been cleared from your body.
 - Positive: this means you currently have the virus in your blood.
- If you have a reactive antibody test and a positive follow-up test, talk to a healthcare provider experienced in diagnosing and treating hepatitis C.

STD/HIV/HCV Testing Providers

Local health departments, community health clinics, and other healthcare providers may also provide HCV antibody and confirmatory tests.

A comprehensive list of testing facilities for STDs, HIV, and HCV is located on the Utah Department of Health website.

<http://health.utah.gov/epi/testing/>

Providers include:

Centro Hispano

Provo	801-655-0258	817 S Freedom Blvd.
SLC	801-655-0258	4055 S 700 E #200
St. George	435-213-6422	948 N 1300 W
Ogden	435-213-9921	2036 Lincoln Ave.
Logan	435-213-9921	55 M Main St. #203

Fourth Street (Homeless only)

SLC	801-364-0058	409 W 400 S
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Maliheh Free Clinic

SLC	801-266-3700	168 N 1950 W, Ste. 201
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Moab Free Clinic

Moab	435-259-1113	380 N 500 W
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Northern Utah Coalition

Ogden	801-393-4153	727 24th St., Ste. 2A
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Odyssey House—Martindale Clinic

SLC	801-428-3500	344 E 100 S
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One Voice Recovery

SLC	573-305-6451	180 E 2100 S., Ste. 102
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Planned Parenthood

SLC	801-322-5571	654 S 900 E
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Utah AIDS Foundation

SLC	801-487-2323	1408 S 1100 E
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Local Health Departments

To find a local health department near you call: 1-888-EPI-UTAH (1-888-374-8824) or visit <http://www.ualhd.org/>.



UTAH ASSOCIATION
OF
LOCAL HEALTH DEPARTMENTS

THE FOLLOWING LOCAL HEALTH DEPARTMENTS OFFER RAPID AND CONVENTIONAL HEPATITIS C ANTIBODY TESTING AND/OR CONFIRMATORY TESTING.

Contact your nearest local health department to find out what services they offer, to make an appointment, check fee schedules and other information.

Bear River Health Department	435-792-6467
Logan	435-792-6500
Brigham City	435-734-0845
Tremonton	435-257-3318

Davis County Health Department	
Clearfield	801-393-5355

Salt Lake County Health Department	
Salt Lake City	385-468-4242

Southeast Utah Health Department	
Price	435-637-3671
Moab	435-259-5602

TriCounty Health Department	
Vernal	435-247-1177
Roosevelt	435-722-6300

Utah County Health Department	
Provo	801-851-7057

Weber-Morgan Health Department	
Ogden	801-399-7100

Community Health Centers

Community Health Centers (CHCs) are non-profit private or public organizations that serve certain populations in rural and urban areas where there are barriers to getting healthcare.

Just like other healthcare organizations, CHCs rely on patient revenue to operate, but also receive federal, state, and private funding to offset the costs of serving uninsured, low-income, and homeless populations.

Anyone can receive care at a CHC regardless of income, ability to pay, or insurance status through a sliding-fee scale.



CHCs are located across Utah. For more information and to find a CHC near you, please call or visit the websites below:

Association for Utah Community Health

860 E 4500 S, Ste. 206
Salt Lake City, UT 84107
801-974-5522
<http://www.auch.org/>

Community Health Centers, Inc.

220 W 7200 S, Ste. A
Midvale, UT 84047
801-412-6920
<http://www.chc-ut.org/>

Health Insurance

Get free help with signing up for health insurance:

www.takecareutah.org

Click on “Find Local Help” and enter your ZIP code to find a navigator to assist you with your insurance needs.

Or call 2-1-1 for free help.

If you currently have Medicaid or Medicare and cannot afford treatment prescriptions, call the pharmaceutical company to refer you to a patient advocacy organization and co-pay assistance programs.

Medication Assistance

ABBVIE INC.

877-628-9738 for Mavyret

GILEAD

855-769-7284 for Epclusa, Harvoni, Sovaldi, and Vosevi

Veterans Affairs

V.A. Salt Lake Health Care System
801-582-1565
Toll Free: 1-800-613-4012
500 Foothill Drive
Salt Lake City, UT 84148
<http://www.saltlakecity.va.gov/>

For more information on hepatitis C testing and treatment, visit this website:

<https://www.hepatitis.va.gov/campaign-test-treat-cure.asp>

Ogden CBOC
801-479-4105

Orem CBOC
801-235-0953

Price CBOC
435-613-0342

Provo Vet Center
801-377-1117

Roosevelt CBOC
435-725-1050

St. George CBOC
435-634-7608

Western Salt Lake CBOC
801-417-5734

CBOC = Community Based Outpatient Clinic



Medical Providers Managing and Treating HCV

Not intended to be a comprehensive list

Carbon County Helper

Helper Clinic
125 South Main St.
435-472-7000

Emery County Castledale

Emery Medical Center
90 West Main St.
435-381-2305

Davis County Layton

Tanner Clinic: Utah Digestive Health Institute
2132 N 1700 W
801-773-2268
<https://tannerclinic.com/specialty/gastroenterology/>

Grand County Moab

Moab Family Medicine
476 Williams Way, Suite A
435-259-7121
<http://www.moabfamilymedicine.com/>

Salt Lake County Midvale

Mid-Valley Community Health
8446 S Harrison St.
801-417-0131
<https://midvalleycommunityclinic.com/>

**University Healthcare:
Greenwood Health Center**
7495 S State St.
801-213-8840
<http://healthcare.utah.edu/primarycare/greenwood/>

Salt Lake City

Fourth Street Clinic
(Services for homeless individuals only. Must attend a group session to qualify for treatment)
409 W 400 S
801-364-0058

Martindale Clinic
743 E 300 S
801-428-3500
<https://www.odysseyhouse.org/clinic>

St. Mark's Family Medicine
3900 S 1250 E, Ste. 260
<https://secure.utahhealthcare.org/>

Sugarhouse Family Health Clinic
1138 Wilmington Ave.
801-581-2000
<http://healthcare.utah.edu/primarycare/sugarhouse/>

**University of Utah Hospital
Liver Clinic**
50 N Medical Dr.
801-585-2078
<http://healthcare.utah.edu/>

**University of Utah Clinic 1A–
Division of Infectious Diseases**
801-585-2031
50 N Medical Dr.
[https://healthcare.utah.edu/
infectiousdiseases/](https://healthcare.utah.edu/infectiousdiseases/)

**University Healthcare: Redwood
Health Center, Gastroenterology**
(HBV and HCV, treatment only)
1525 W 2100 S
801-213-9797

**West Valley City
Granger Clinic**
3725 W 4100 S
801-965-3600
(treatment only)
<http://www.grangermedical.com/>

**Sanpete County
Gunnison Family Medicine**
65 E 100 N
Gunnison, UT 84643
435-528-2130
[http://reverehealth.com/
departments/gunnison-family-
practice-2/](http://reverehealth.com/departments/gunnison-family-practice-2/)

**Summit County
Coalville**
Coalville Health Center
142 S 50 E, Ste. 102
435-640-2524
[http://coalvillehealthcenter.com/
home.html](http://coalvillehealthcenter.com/home.html)

People’s Health Clinic
(treatment only)
650 Round Valley Dr.
435-333-1500

**Utah County
Provo/Orem**
Mountainlands Medical Clinic
589 South State St.
801-429-2000
<https://www.mountainlands.org/>

**Revere Health:
Provo Gastroenterology**
1055 N 500 W
801-374-1268
[http://reverehealth.com/
departments/provo-gastroenterology-
2/](http://reverehealth.com/departments/provo-gastroenterology-2/)

**University Healthcare:
Parkway Health Center**
145 W University Parkway
801-234-8585
[http://healthcare.utah.edu/
primarycare/parkway/](http://healthcare.utah.edu/primarycare/parkway/)

**Weber County
Ogden**
McKay Dee-Porter Family Health
4401 Harrison Blvd.
801-387-5300

**Midtown Community Health
Center**
2240 Adams Ave.
801-393-5355
www.midtownchc.org

Ogden Gastroenterology
4403 Harrison Blvd., Ste. 2855
801-387-2550
<http://www.ogdengastro.com/>

**Tanner Clinic: Utah Digestive
Health Institute**
6028 South Ridgeline Dr.
801-475-5400
[https://tannerclinic.com/specialty/
gastroenterology/](https://tannerclinic.com/specialty/gastroenterology/)

**Washington County
St. George**
Family Healthcare
25 N 100 E, Ste. 102
435-986-2565

Utah Gastroenterology
(treatment only)
368 E Riverside Dr., Ste. A
435-673-1149
<http://www.utahgastro.com/>

Internet Resources

Centers for Disease Control and Prevention, Hepatitis Branch

<https://www.cdc.gov/hepatitis/hcv/cfaq.htm>

www.cdc.gov/KnowMoreHepatitis

American Liver Foundation

www.liverfoundation.org

HCV Advocate-Tons of Hepatitis C information

<http://hcvadvocate.org/>

**Hepatitis Education Project
National Hepatitis Prison Coalition**

www.hcvinprison.org

Hepatitis C Caring Ambassadors Program

www.hepcchallenge.org

HIV and Hepatitis

www.hivandhepatitis.com

National Institutes of Health

<https://www.niddk.nih.gov/health-information/liver-disease>

Veterans Affairs—Center for Excellence in HCV Research & Education

<http://www.hepatitis.va.gov/>

The Combo Survival Guide— Information about Treatment

<http://www.hepcsurvivalguide.org/comboguide.htm>

University of California Clinical Consultation Center—Hepatitis C Management

<http://nccc.ucsf.edu/clinician-consultation/hepatitis-c-management/>

Patient Access Network Foundation

<http://www.panfoundation.org>



Help4Hep is a non-profit, toll-free helpline for those with concerns about hepatitis C. Counselors work with patients to meet the challenges of hepatitis C head-on. Callers talk one-on-one with a real person, typically someone whose had hepatitis C touch their own life. The phone call, support, and information are all provided free of charge.

Call the Helpline NOW!
877-HELP-4-HEP (877-435-7443)
or visit www.help4hep.org

Please forward any updates and questions about this guide to:

Ethan Farnsworth
efarnsworth@utah.gov
801-538-6227

<http://health.utah.gov/epi/>