

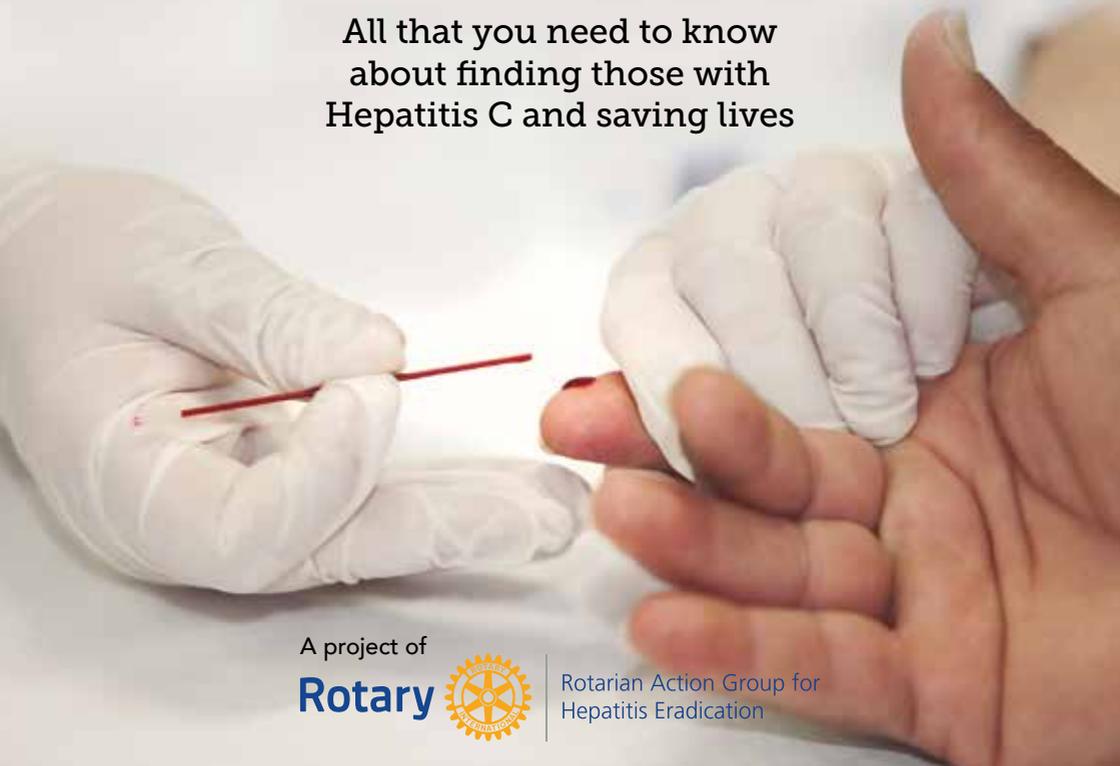
# CAMPAIGN MANUAL



## Hepatitis Zero

WORLD ERADICATION PROJECT

All that you need to know  
about finding those with  
Hepatitis C and saving lives



A project of

**Rotary**



Rotarian Action Group for  
Hepatitis Eradication

# INTRODUCTION

This manual is intended to guide you, dear volunteer of the Hepatitis Zero campaign, in carrying out the rapid tests for the diagnosis of Hepatitis C virus (HCV).

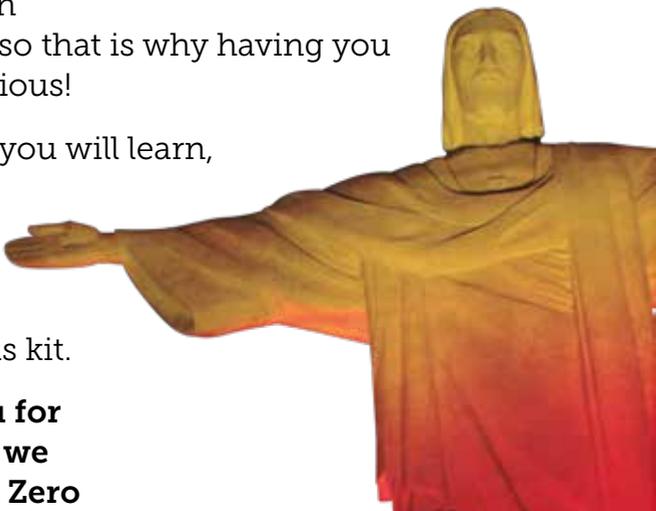
First of all, I wish to welcome you and thank you for your willingness to help us with this ambitious project, which aims to ERADICATE Viral Hepatitis globally.

It is also part of our mission to broaden the awareness of the general public about the disease, campaigning for the cause and creating ways for those already diagnosed to find effective and humane treatment in order to get cured.

However, the first step in all this is the discovery, so that is why having you as a volunteer is so precious!

On the following pages you will learn, step by step, how the testing campaigns work and how to use and take care of the Hepatitis C diagnosis kit.

**Once again I thank you for volunteering; together we will make the Hepatitis Zero campaign a great worldwide success!**



*Humberto Silva*

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Rotarian Action Group for Hepatitis Eradication  
Humberto Silva – President

*Fighting for fighting alone*



## VIRAL HEPATITIS WORLDWIDE

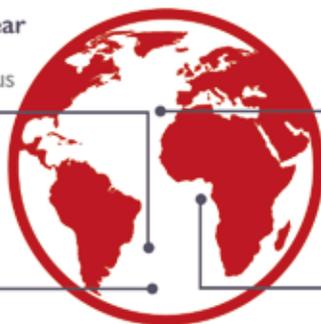
**1,5 million**

people die **per year** due to diseases caused by the virus

There are **10x** more people infected with viral hepatitis than with **HIV/AIDS**

They cause

**80%** of liver cancer cases



**328 million** people are infected with **Hepatitis B and C**

## TAKE THESE PRECAUTIONS TO REDUCE THE RISK OF CONTAMINATION



Demand that health authorities test the **blood used in transfusions**.



Always use a condom when having **sexual relations**.



Take your own **sterilized utensils** when you go for a manicure or pedicure.



Confirm that the material used in injections, tattoos or piercing are **disposable**.



Get yourself **vaccinated** against **Hepatitis B**.



Take the **rapid test** to see if you have Hepatitis.



Avoid sharing **toothbrushes** or **shaving razors**.



Do not share **syringes** or **needles**.

# HOW TO CARRY OUT A RAPID TEST CAMPAIGN FOR HEPATITIS C (HCV) DIAGNOSIS

The testings are usually carried out in public places with easy access and using a minimal structure. The main objective is that the general public, those over 40 years specifically, has the rapid test, because this is the age group with the highest prevalence of the disease.

The best places to do the testing are shopping malls, bus terminals, subway stations, places of public services or social programs.

**Care to be taken:** request authorization in advance from the competent authorities, choosing a responsible person for taking care of the material (at the Rotary Club and at the testing site).

## STEP ONE

Ensure that a prior technical visit is made to the testing site.

## STEP TWO

**Volunteers for testing:** Nursing colleges can usually provide their students under the supervision of a nurse. These nursing students receive in return certificates attesting to their participation that can be counted as hours/ classes for their courses. So it's important to have the full name of the volunteers so that Hepatitis Zero can issue the certificates.





### STEP THREE

Get the team together and explain to them the importance of this social action and how it can radically change the course of life of a person who has the virus and doesn't know.

### STEP FOUR

Arrange with the responsible nursing teacher the best way to communicate the results, considering the impact of REACTIVE cases. Ask the team to wear the campaign vest/bib for easy identification of volunteers. Collect the vests/bibs at the end of the testing.

### STEP FIVE

When attending the individual, a registration of the personal data of the patient tested must be entered on the registration forms, which are available for download at [www.hepatitiszeroweek.com/downloads](http://www.hepatitiszeroweek.com/downloads). The forms should be printed and filled out legibly. At the end of each day of testing, the results must be entered onto the electronic form, which will be available on the campaign website.

**ATTENTION:** Tests that are carried out without the completion of the registration forms and subsequently added to the electronic form cannot be included as part of the worldwide Hepatitis Zero campaign.

# HOW THE CAMPAIGNS AND MASS RAPID TESTS ARE DONE



Test duration

**Less than  
20 min**

- The HCV test uses the Immunochromatography lateral flow method.

- Upon receipt of the kits, always check the expiry date and the Batch number. Stock them at a temperature of between 1 to 30 Celsius and away from direct sunlight.
- Separate the cotton and alcohol sachet to sanitize the finger of the person being tested.
- Prior to testing separate the material you will use.
- **Safety first:** Use disposable gloves for each test.
- Open the envelope, remove the tester and check it is intact.
- The device has a place to add the sample (blood) and the diluent solution, which we call the **well**.

Below this is what we call a **Test Window**.





## Collecting the blood by a finger prick

- To collect the specimen choose a middle finger, either index or ring, prioritizing ones that don't have sores or calluses.
- If the hand of the person is very cold, ask them to rub or massage their hands to warm them up.
- Hold the hand of the individual with the Palm upwards and press lightly downwards the hand where the puncture will be made in the direction of a fist.
- Cleanse the chosen finger with an anti-septic wipe with a single motion and let it dry completely.
- Place the Lancet on the side of the finger, prick the finger and discard the Lancet in the place indicated.

### STEP BY STEP



- To collect the blood squeeze the capillary pipette, squeeze (or place against the vial), positioning it horizontally next to the drop of blood.
- Dispense the blood in the HCV tester and then ping 4 drops of diluent solution into the well.
- **Results:** It is ESSENTIAL that this is done between 5 to 20 minutes after adding the diluent solution to the sample

**Warning:** Inaccurate test results may arise in readings made more than 20 minutes after the start of the reaction.

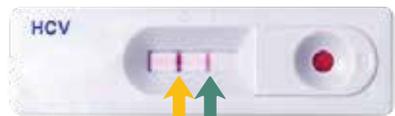
- Any test WILL ONLY BE VALIDATED if you have a colored line in the CONTROL AREA. If this line does not appear, discard the test and do it again with another device.



**Control/Negative**

- If you see a colored line ONLY in the area of control, the sample is considered NON-REACTIVE

- If you see a colored line in the CONTROL and TEST areas the sample is considered REACTIVE, regardless of the intensity of the color of the lines.



**Control Test**

## **DISPOSAL OF CONTAMINATED MATERIALS**

**This is a very important step:** usually we do the tests in public places, so we must ensure that this material is sent to a clinic or Hospital for correct disposal, after prior negotiation.

**The following items should be disposed of in a sharps bin** (a specially designed rigid box with a lid)



- Sachet
- Lancet
- Capillaries
- Test Plate

In a white plastic bag with the identification of the contaminant contained:

- Gloves



## Normal Refuse

- The packaging of tests (boxes) and various materials which did not come into contact with the blood can be disposed of with normal refuse

## Hazardous Waste

- The sharps box and the white trash bag, must be separated and sent to the correct disposal unit where they will be collected as hazardous waste.



## FORWARDING POSITIVE RESULTS

Individuals with a REACTIVE test result should be informed in a delicate and subtle manner, in a private environment, as a reactive result does not necessarily mean they have the chronic form of the disease.

Be very supportive and positive since if the diagnosis is confirmed positive, the disease has a treatment and a cure.

They should be referred to a health unit of reference for additional testing and definition of the diagnosis.

# YOU ARE READY!

Volunteer, now that you have read this MANUAL, you may be considered able to carry out the rapid hepatitis C tests.

Joining our forces, this campaign will produce great results in the coming months.

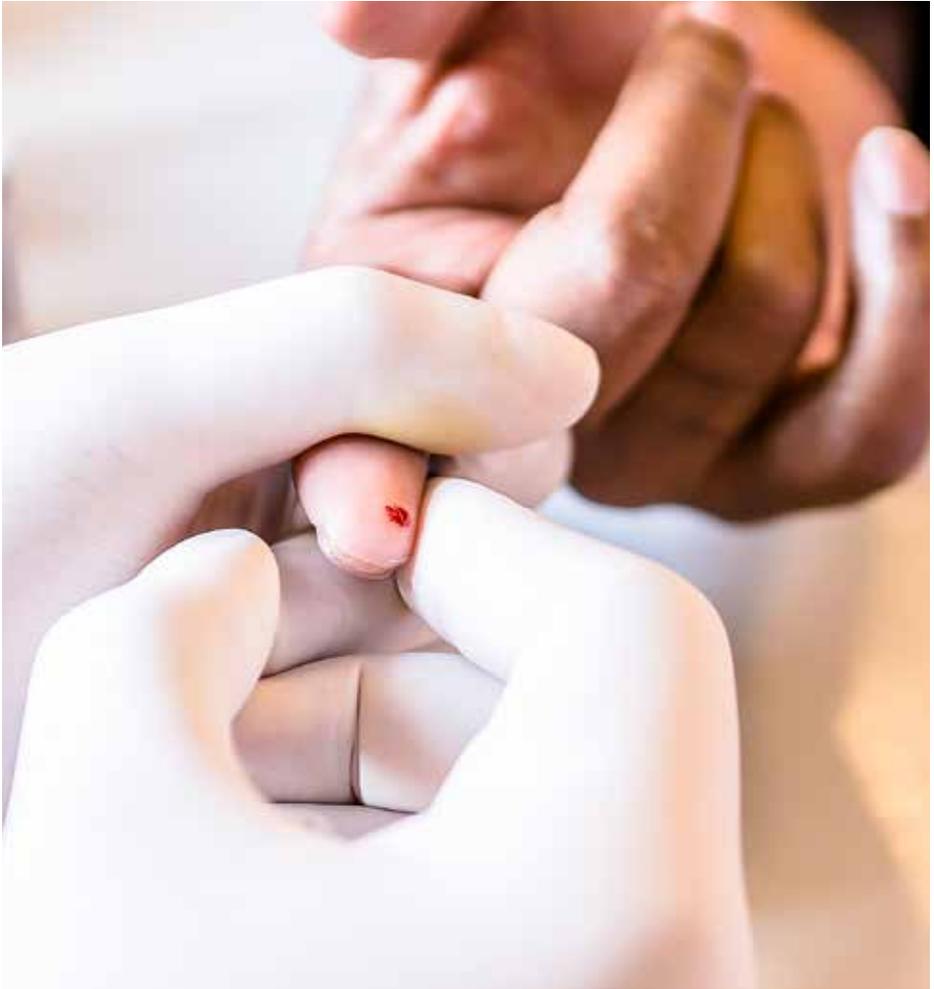
Through you and the Hepatitis Zero campaign we are going to save people who are out there living their lives and having no idea that Hepatitis C is already acting silently in their bodies.

We are ready and available to help you!



[www.hepatitiszeroweek.com](http://www.hepatitiszeroweek.com)





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