Ways You CAN Get Hepatitis C

• Sharing needles (works) to use drugs.
• Sharing drug-use paraphernalia like filters or straws.
• Tattooing and body piercing.

Ways You CAN Get Hepatitis C

• Needle-stick accidents.
• Getting someone else’s blood inside you.
• Sharing objects that might carry blood, like razors and toothbrushes.

Ways You CAN Get Hepatitis C

• Sharing needles (works) to use drugs.
• Sharing drug-use paraphernalia like filters or straws.
• Tattooing and body piercing.

Ways You CAN Get Hepatitis C

• Needle-stick accidents.
• Getting someone else’s blood inside you.
• Sharing objects that might carry blood, like razors and toothbrushes.

Ways You CAN Get Hepatitis C

• Sharing needles (works) to use drugs.
• Sharing drug-use paraphernalia like filters or straws.
• Tattooing and body piercing.

Ways You CAN Get Hepatitis C

• Needle-stick accidents.
• Getting someone else’s blood inside you.
• Sharing objects that might carry blood, like razors and toothbrushes.

Ways You CAN Get Hepatitis C

• Sharing needles (works) to use drugs.
• Sharing drug-use paraphernalia like filters or straws.
• Tattooing and body piercing.

Ways You CAN Get Hepatitis C

• Needle-stick accidents.
• Getting someone else’s blood inside you.
• Sharing objects that might carry blood, like razors and toothbrushes.
Ways You CAN'T Get Hepatitis C

• Sharing cups, utensils, or dishes.
• From food or water.
• Coughing or sneezing.
• Hugging or kissing.

Ways You CAN'T Get Hepatitis C

• Shaking hands.
• Breastfeeding.
• Donating blood.

Ways You CAN'T Get Hepatitis C

• Sharing cups, utensils, or dishes.
• From food or water.
• Coughing or sneezing.
• Hugging or kissing.

Ways You CAN'T Get Hepatitis C

• Shaking hands.
• Breastfeeding.
• Donating blood.

Ways You CAN'T Get Hepatitis C

• Sharing cups, utensils, or dishes.
• From food or water.
• Coughing or sneezing.
• Hugging or kissing.

Ways You CAN'T Get Hepatitis C

• Shaking hands.
• Breastfeeding.
• Donating blood.

Ways You CAN'T Get Hepatitis C

• Sharing cups, utensils, or dishes.
• From food or water.
• Coughing or sneezing.
• Hugging or kissing.

Ways You CAN'T Get Hepatitis C

• Shaking hands.
• Breastfeeding.
• Donating blood.
If You Have Hepatitis C, DO
• Check with your health care provider before taking vitamins, supplements, herbs, or over-the-counter medications.
• Write down questions to ask your health care provider.
• Keep appointments with your health care provider.

If You Have Hepatitis C, DO
• Learn as much as you can about the disease.
• Tell all providers that you have hepatitis C.
• Get vaccinated against hepatitis A & B.
• Ask if you should be tested for HIV/AIDS.
• Eat healthy, stay active, and get rest.
• Join a support group.

www.hepatitis.va.gov
June 2005
If You Have Hepatitis C, DON'T
• Drink alcohol.
• Donate blood.
• Be ashamed.
• Think you're alone.
• Take iron supplements, unless prescribed.

www.hepatitis.va.gov
June 2005

If You Have Hepatitis C, DON'T
• Share drug-use paraphernalia (works) like needles or straws.
• Share razors or toothbrushes.
• Have sex when blood or open sores are present on or near genitals.

www.hepatitis.va.gov
June 2005
If You Need to Cut Down or Stop

- Call a health care provider, VA hospital, or self-help group and ask for information.
- Develop interests and friends unrelated to drinking or using.
- Avoid people, places, or things that make you want to drink.

Hepatitis C and Alcohol

- Alcohol can damage your liver.
- The combination of hepatitis C and alcohol can be even more damaging to your liver.
- If you have hepatitis C the best choice is not to drink.
- Talk to your health provider to learn more.

www.hepatitis.va.gov
June 2005
If You Need to Cut Down or Stop

• Call a health care provider, VA hospital, or self-help group and ask for information.
• Develop interests and friends unrelated to drinking or using.
• Avoid people, places, or things that make you want to drink.

Hepatitis C and Alcohol

• Alcohol can damage your liver.
• The combination of hepatitis C and alcohol can be even more damaging to your liver.
• If you have hepatitis C the best choice is not to drink.
• Talk to your health provider to learn more.

If You Need to Cut Down or Stop

• Call a health care provider, VA hospital, or self-help group and ask for information.
• Develop interests and friends unrelated to drinking or using.
• Avoid people, places or things that make you want to drink.

Hepatitis C and Alcohol

• Alcohol can damage your liver.
• The combination of hepatitis C and alcohol can be even more damaging to your liver.
• If you have hepatitis C the best choice is not to drink.
• Talk to your health provider to learn more.

If You Need to Cut Down or Stop

• Call a health care provider, VA hospital, or self-help group and ask for information.
• Develop interests and friends unrelated to drinking or using.
• Avoid people, places or things that make you want to drink.

Hepatitis C and Alcohol

• Alcohol can damage your liver.
• The combination of hepatitis C and alcohol can be even more damaging to your liver.
• If you have hepatitis C the best choice is not to drink.
• Talk to your health provider to learn more.

If You Need to Cut Down or Stop

• Call a health care provider, VA hospital, or self-help group and ask for information.
• Develop interests and friends unrelated to drinking or using.
• Avoid people, places or things that make you want to drink.

Hepatitis C and Alcohol

• Alcohol can damage your liver.
• The combination of hepatitis C and alcohol can be even more damaging to your liver.
• If you have hepatitis C the best choice is not to drink.
• Talk to your health provider to learn more.

If You Need to Cut Down or Stop

• Call a health care provider, VA hospital, or self-help group and ask for information.
• Develop interests and friends unrelated to drinking or using.
• Avoid people, places or things that make you want to drink.

Hepatitis C and Alcohol

• Alcohol can damage your liver.
• The combination of hepatitis C and alcohol can be even more damaging to your liver.
• If you have hepatitis C the best choice is not to drink.
• Talk to your health provider to learn more.
Diet and Medication Tips

• Talk to your health care provider about what makes up a healthy, balanced diet.
• If appetite loss is a problem, eat many small meals throughout the day.
• For nausea, try crackers, toast, or ginger ale.
• Take medications as they are prescribed.

Diet and Medication Tips

• Ask your health care provider before taking vitamins, supplements, herbs, or over-the-counter medications.
• Avoid iron supplements unless prescribed.
• Notify your health care provider of any side effects you have from a medication.
Diet and Medication Tips

- Talk to your health care provider about what makes up a healthy, balanced diet.
- If appetite loss is a problem, eat many small meals throughout the day.
- For nausea, try crackers, toast, or ginger ale.
- Take medications as they are prescribed.

Diet and Medication Tips

- Ask your health care provider before taking vitamins, supplements, herbs, or over-the-counter medications.
- Avoid iron supplements unless prescribed.
- Notify your health care provider of any side effects you have from a medication.

www.hepatitis.va.gov June 2005
Exercise Makes a Difference

- Check with your health care provider before beginning an exercise routine.
- Exercise regularly (at least 30 minutes 3 times per week)
- Things like walking and gardening count!

Exercise Makes a Difference

- Begin with short activities, like a 10-minute walk after dinner.
- Find something you enjoy to stay active.
- If you aren’t already exercising, it’s not too late to start.

www.hepatitis.va.gov

June 2005
Tips for Good Sleep

• Prepare a comfortable sleep environment.
• Have bedtime rituals that condition you to fall asleep.
• Maintain a regular schedule: go to bed and get up at the same time each day.
• Use your bed for sleeping and sex only.

Tips for Good Sleep

• Avoid stimulants like caffeine and nicotine, especially closer than 8 hours to bedtime.
• Stay away from alcohol and street drugs.
• Exercise regularly, but not right before bed.
• Don't take naps during the day.

Tips for Good Sleep

• Prepare a comfortable sleep environment.
• Have bedtime rituals that condition you to fall asleep.
• Maintain a regular schedule: go to bed and get up at the same time each day.
• Use your bed for sleeping and sex only.

Tips for Good Sleep

• Avoid stimulants like caffeine and nicotine, especially closer than 8 hours to bedtime.
• Stay away from alcohol and street drugs.
• Exercise regularly, but not right before bed.
• Don't take naps during the day.

Tips for Good Sleep

• Prepare a comfortable sleep environment.
• Have bedtime rituals that condition you to fall asleep.
• Maintain a regular schedule: go to bed and get up at the same time each day.
• Use your bed for sleeping and sex only.

Tips for Good Sleep

• Avoid stimulants like caffeine and nicotine, especially closer than 8 hours to bedtime.
• Stay away from alcohol and street drugs.
• Exercise regularly, but not right before bed.
• Don't take naps during the day.

Tips for Good Sleep

• Prepare a comfortable sleep environment.
• Have bedtime rituals that condition you to fall asleep.
• Maintain a regular schedule: go to bed and get up at the same time each day.
• Use your bed for sleeping and sex only.

Tips for Good Sleep

• Avoid stimulants like caffeine and nicotine, especially closer than 8 hours to bedtime.
• Stay away from alcohol and street drugs.
• Exercise regularly, but not right before bed.
• Don't take naps during the day.

Tips for Good Sleep

• Prepare a comfortable sleep environment.
• Have bedtime rituals that condition you to fall asleep.
• Maintain a regular schedule: go to bed and get up at the same time each day.
• Use your bed for sleeping and sex only.

Tips for Good Sleep

• Avoid stimulants like caffeine and nicotine, especially closer than 8 hours to bedtime.
• Stay away from alcohol and street drugs.
• Exercise regularly, but not right before bed.
• Don't take naps during the day.
Hepatitis A Virus

• Is found in an infected person’s stool.
• Enters your body through your mouth.
• Can be spread by:
  ✓ Touching something contaminated, then putting your hands in your mouth.
  ✓ Eating food or water that is contaminated – even if it looks clean.
  ✓ Sexual contact with the anus.

Symptoms can include nausea, diarrhea, stomach pain, and yellowing skin (jaundice).
Goes away in a few weeks or months.
Can be prevented with a vaccine.
Can be prevented by washing your hands before eating and after using the toilet.

Www.hepatitis.va.gov
June 2005
Hepatitis A Virus
- Is found in an infected person’s stool.
- Enters your body through your mouth.
- Can be spread by:
  - Touching something contaminated, then putting your hands in your mouth.
  - Eating food or water that is contaminated - even if it looks clean.
  - Sexual contact with the anus.

Symptoms can include nausea, diarrhea, stomach pain, and yellowing skin (jaundice).
Goes away in a few weeks or months.
Can be prevented with a vaccine.
Can be prevented by washing your hands before eating and after using the toilet.

www.hepatitis.va.gov  
June 2005
Hepatitis B Virus
• Is found in an infected person’s blood, semen, and vaginal fluids.
• Can be spread by unprotected sex.
• Can be spread by sharing injection drug needles or equipment.
• Symptoms can include nausea, fatigue, yellowing skin (jaundice), and stomach or muscle pain.

Hepatitis B Virus
• Usually just lasts a few months, but sometimes turns into a long-term infection.
• Can be prevented
  ✓ With a vaccine.
  ✓ By practicing safer sex.
  ✓ By not sharing drug needles or equipment.

www.hepatitis.va.gov
June 2005
Hepatitis B Virus
• Is found in an infected person’s blood, semen, and vaginal fluids.
• Can be spread by unprotected sex.
• Can be spread by sharing injection drug needles or equipment.
• Symptoms can include nausea, fatigue, yellowing skin (jaundice), and stomach or muscle pain.

Hepatitis B Virus
• Usually just lasts a few months, but sometimes turns into a long-term infection.
• Can be prevented
  ✓ With a vaccine.
  ✓ By practicing safer sex.
  ✓ By not sharing drug needles or equipment.

Hepatitis B Virus
• Usually just lasts a few months, but sometimes turns into a long-term infection.
• Can be prevented
  ✓ With a vaccine.
  ✓ By practicing safer sex.
  ✓ By not sharing drug needles or equipment.

Hepatitis B Virus
• Usually just lasts a few months, but sometimes turns into a long-term infection.
• Can be prevented
  ✓ With a vaccine.
  ✓ By practicing safer sex.
  ✓ By not sharing drug needles or equipment.

Hepatitis B Virus
• Usually just lasts a few months, but sometimes turns into a long-term infection.
• Can be prevented
  ✓ With a vaccine.
  ✓ By practicing safer sex.
  ✓ By not sharing drug needles or equipment.

Hepatitis B Virus
• Usually just lasts a few months, but sometimes turns into a long-term infection.
• Can be prevented
  ✓ With a vaccine.
  ✓ By practicing safer sex.
  ✓ By not sharing drug needles or equipment.

www.hepatitis.va.gov
June 2005

Hepatitis B Virus
• Usually just lasts a few months, but sometimes turns into a long-term infection.
• Can be prevented
  ✓ With a vaccine.
  ✓ By practicing safer sex.
  ✓ By not sharing drug needles or equipment.

www.hepatitis.va.gov
June 2005

Hepatitis B Virus
• Usually just lasts a few months, but sometimes turns into a long-term infection.
• Can be prevented
  ✓ With a vaccine.
  ✓ By practicing safer sex.
  ✓ By not sharing drug needles or equipment.

www.hepatitis.va.gov
June 2005

Hepatitis B Virus
• Usually just lasts a few months, but sometimes turns into a long-term infection.
• Can be prevented
  ✓ With a vaccine.
  ✓ By practicing safer sex.
  ✓ By not sharing drug needles or equipment.