

HEP C
GIVE YOUR
LIVER A BREAK.

**CUT BACK
ON ALCOHOL.**

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HEPATITIS
Knowing helps.  **C**

HEP C: GIVE YOUR LIVER A BREAK. CUT BACK ON ALCOHOL.

- Drinking alcohol can harm your liver. Cutting back on drinking alcohol can be the best thing you can do for your liver. If you have trouble cutting back on your own, talk to someone you trust. A little bit of help can make a big difference.
- Smoking cigarettes can also hurt your liver. Look for ways to cut back.
- Take care of yourself—rest, eat healthy food, and try to get some exercise. You'll feel better and so will your liver.



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