

Living with Hep C?
Take care of
your liver.
And yourself.



Learn about the many things you can do to
stay healthy when you have hepatitis C.

Your local organization: _____



- Hepatitis C treatments are very effective at curing the infection. Everyone who has Hep C should talk to their doctor about their options.
- Eat as well as you can, drink lots of water and get enough rest. One to two cups of coffee each day may also help.
- Fatty foods, alcohol, street drugs, cigarettes and stress are hard on your liver. If you can cut back on these, you'll help your liver stay healthy.
- Some medicines—including ones you get from a doctor and ones you get without a prescription (over the counter)—and complementary therapies can also be hard on the liver. Talk to your healthcare worker about which ones are OK for you.
- Think about getting tested for HIV and other kinds of hepatitis. These viruses are often passed on in the same way.
- Taking care of your emotional health will help you live better with Hep C. You can talk to someone you trust about what you're feeling.
- Learn about how Hep C is passed on, so that you can protect others and yourself.
- Find more info on healthy living, Hep C treatment and services in your area at www.catie.ca



CATIE

Canada's source for
HIV and hepatitis C
information

Learn more at www.catie.ca 1-800-263-1638

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