

# Top 10 Healthy Habits

*There are many things that people with hepatitis C can do to keep themselves healthy and feeling well. Here's our top ten list of things you can do to stay healthy:*

1. See your health-care provider for regular check-ups. Make sure you tell your health-care provider about any problems or symptoms you are having.
2. Eat a healthy & balanced diet. Include a lot of vegetables and fruits; try to stay away from too much salt, sugar and fat.
3. Rest when you are tired. Try to find time during the day for a short nap or times you can unwind and relax.
4. Exercise regularly. Walking is one of the best exercises, and it helps to make you feel less tired.
5. Get the hepatitis A and hepatitis B vaccines if you have not already been infected. You don't want to get another illness that might make your hepatitis C worse.
6. Cut down on or stop drinking alcohol. If you can't stop drinking alcohol, cut down, and ask for help on ways to stop drinking alcohol.
7. Be careful when using over-the-counter drugs such as Tylenol® and ibuprofen.
8. Be careful when mixing alcohol, drugs or herbs.
9. Join a support group. People in a support group can help you with emotional problems and give you information about how best to take care of yourself.
10. Try not to worry too much. Learn as much as you can about hepatitis C so that you know what you are facing.