

Whom Should I Tell?

Telling people that you have hepatitis C (HCV or Hep C for short) is not easy! They may not understand Hep C or may have heard information that is not true. Some people might even treat you in a different way when they find out you have Hep C. Others may

be afraid that they will catch Hep C from you.

Hep C is spread by blood to blood contact! This means that someone would have to get your Hep C infected blood into their bloodstream. So unless they get some of your blood there is a very little chance that you could give Hep C to them.

Remember...

- Telling people who are close to you or people who provide your health care is difficult but you may need their help and support.
- People may have a lot of questions since they do not understand Hep C, so it is important that you have some facts about Hep C and materials on Hep C to answer some of the questions that they may ask you.
- Be careful who you tell. At first, only tell people that you really trust and ask for their advice before telling others.

Most importantly you don't have to tell anyone until you are ready except your doctor or nurse because having Hep C can affect your medications and tests you get.

www.hcvadvocate.org

