

## 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.



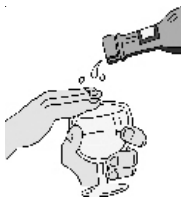
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## Hepatitis C and Alcohol

- 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.



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