

If You Have Hepatitis C, DO

- Check with your health care provider before taking vitamins, supplements, herbs, or over-the-counter medications.
- Write down questions to ask your health care provider.
- Keep appointments with your health care provider.



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If You Have Hepatitis C, DO

- Learn as much as you can about the disease.
- Tell all providers that you have hepatitis C.
- Get vaccinated against hepatitis A & B.
- Ask if you should be tested for HIV/AIDS.
- Eat healthy, stay active, and get rest.
- Join a support group.



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June 2005

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