

## 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 that happens there is no way 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](http://www.hcvadvocate.org)

 **HEPATITIS C**  
SUPPORT PROJECT

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