

Whom Should I Tell?

Telling people that you have hepatitis C (HCV or Hep C for short) is not easy! What makes it even harder is that many people have never heard of Hep C or they have heard things about Hep C that are 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 very important that you know as much as possible about Hep C before you tell others. You may even want to give them some material on Hep C to help answer some of the questions that they may ask you.
- Be careful who you tell about your Hep C. At first, only tell people that you really trust and ask for their advice before telling others.

Most importantly remember that you don't have to tell anyone until you are ready!

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