



A common side effect of the hepatitis C (HCV) medications is feeling tired, called fatigue. It is also a common symptom of hepatitis C. The side effect of feeling tired was not so bad that people stopped taking the HCV medications. Also, most people did not have to take time off from work to take treatment.

Side Effects: Fatigue

Try These Simple Steps:

- Be sure to get enough sleep every night
- Take short naps during the day – no more than 10 to 20 minutes and not too close to bedtime
- Talk to a doctor or nurse about your fatigue to make sure it is not caused by something else
- Ask family and friends for help if you are too tired
- Get organized at work and home
- Watch your breathing – many people who are tired hold their breath
- Try deep breathing exercises
- Exercise on a regular basis—walking, swimming, bicycling, hiking, stretching
- Try meditation, prayer, yoga, qi gong
- Make sure to eat a healthy and balanced diet

REMEMBER

Fatigue will get better after treatment

Get Tested. Get Treated. Get Cured.

www.hcvadvocate.org



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