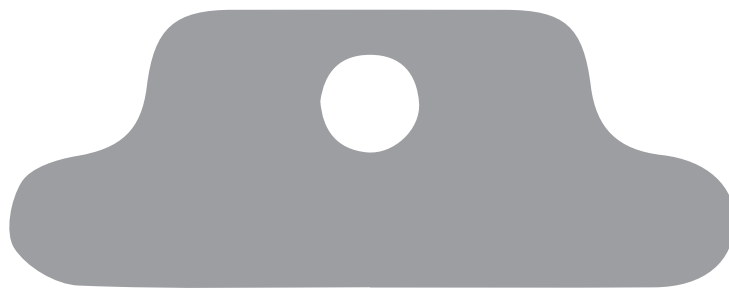


GUIDE. Living with Hepatitis



When a Family Member or Friend Has Hepatitis

If you live with someone who has hepatitis, it will affect your relationship in some way or other. The roles in the family may change as an infection may mean she/he no longer has the stamina and courage. You will need to be his/her pillar of strength. It could take a toll on both of you and your relationship. You may also have concerns about your own health.



Find out more about hepatitis so you can prevent transmission and understand what he/she is experiencing, to put you in a better position to provide support and care.



Be patient and supportive. Listen to him/her when he/she confides.



Be kind and understanding. Rub his/her shoulders to help him/her relax.

As a spouse, you may become the mediator for all contacts- doctor, friends and family, having to explain the situation over and over again.



Isolate yourself and your family.



Neglect yourself and your well being.



Focus on the goal to recover as a family.