What about My Family & Friends

If you have been diagnosed with Hepatitis B or Hepatitis C, you may worry about passing the virus to someone else, or that you have accidentally infected someone else.

It is important to note that Hepatitis B and Hepatitis C are not spread by casual contact, such as shaking hands, talking, sharing food and utensils, sneezing or hugging.

DON’T

- Share razors, toothbrushes, nail clippers, or anything else that could have your blood on it
- Breastfeed if your nipples are cracked or bleeding

DO

- Cover open wounds or sores with a bandage; get rid of items contaminated with blood.
- Use condoms if not in a long-term monogamous relationship