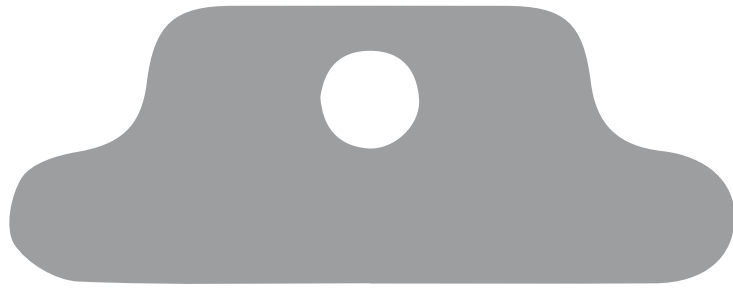


GUIDE. Living with Hepatitis



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

DO

Cover open wounds or sores with a bandage; get rid of items contaminated with blood.

DON'T

Breastfeed if your nipples are cracked or bleeding

DO

Use condoms if not in a long-term monogamous relationship