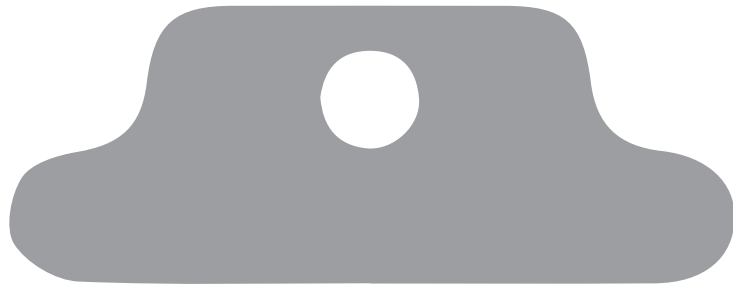


# GUIDE. Living with Hepatitis



## 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