Who Should I Tell? What Should I Tell? How Should I Do It?

With a few exceptions, the decision to tell others that you have Hepatitis B or Hepatitis C rests with you. You decide whom you tell, when to tell and what to say. You have to tell:

- If you have Hepatitis B, you should ask all your household member (siblings, parents and children) to be tested and immunized if needed. Hepatitis B is much more easily spread and is preventable by vaccines. You are protecting your family by telling them. If you have a steady sexual partner, he/she must also be tested and immunized.

Points to consider before telling:
- Do your parents cope well with stressful information?
- Can you think of any reason not to tell your partner about your hepatitis infection?
- How old are your children?
- How well do your children deal with difficult situations?

DO

- Your doctor
- Your dentist
- Anyone who has been or could be exposed to your blood.

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