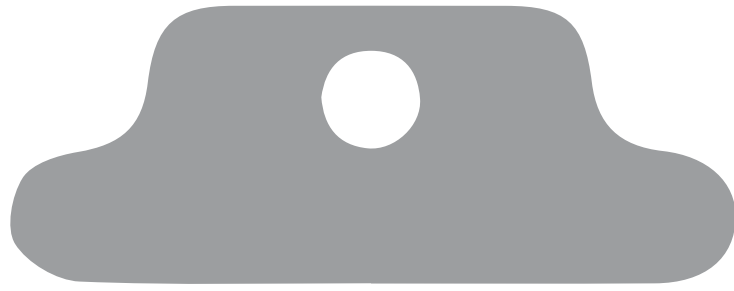


GUIDE. Living with Hepatitis



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:



Your doctor



Your dentist



Anyone who has been or could be exposed to your blood.

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?