

HEPATITIS B &/OR C TEACHING POINTS

- Avoid alcohol
- Avoid drugs and shared drug paraphernalia (cookers, filters, cottons, mixing water, straws)
- Avoid body piercings, tattoos, or acupuncture unless equipment appropriately sterilized
- Do not share razors, toothbrushes, or nail files
- Cover cuts or open wounds
- Use latex condoms for sex
- Use latex barrier for oral sex
- Sexual stimulation without the exchange of bodily fluids is safe
- Do not douche or enema prior to sex
- No anal sex without latex condom
- Avoid rough anal sex and fisting
- Do not donate blood, body organs, bone marrow, eggs or sperm
- Clean up bloody bodily fluids with a dilute 1:10 bleach solution
- Avoid eating raw sea food and use gloves if handling raw sea food
- Limit acetaminophen to less than 2000 mg in 24 hours
- Avoid herbal medicines which may damage your liver unless approved by your clinician or pharmacist
- Tell you clinician if you are feeling depressed, sad or hopeless or if you have thoughts of suicide
- Consider your workplace. There may be times when you may need a sick day to rest. Is there a chance your coworkers could come into contact with your blood? Consider employee health or human resources director if you need to inform them of your hepatitis status.
- If nauseated with the treatment let your clinician know. Consider smaller more frequent feeding or nutritional supplements (with clinician approval)
- If fatigued, plan your meals and snacks ahead of time
- Mild exercise (walking and or light weights) may help relieve symptoms of depression, stress and fatigue
- Managing thinning of hair or hair loss: use a wide tooth or soft hair brush and don't comb or brush too much; wash hair less often and use a cream rinse; don't perm or color hair; don't use hair products that pull hair like clips or bands; use less hair gel, spray or mousse; avoid products with alcohol which can dry hair; limit blow drying or straightening hair.
- Keep skin moisturized by applying lotions after bathing and bath in warm, not hot water