

# YOUR ACTION PLAN AGAINST HEPATITIS C

Cure the  
hepatitis C  
infection

Prevent cirrhosis  
(scarring and  
permanent damage  
in the liver)

Keep any liver  
damage from  
worsening

Chronic hepatitis C  
is a long-term  
disease that  
infects your liver.  
By treating it, you  
may be able to:





Left untreated, hep C may cause nonstop inflammation in your liver. But you can do things to halt or slow this process. Take the following steps to keep your liver as healthy as possible.

# PROTECT YOUR LIVER



A man with a beard and glasses, wearing headphones, holding a pill bottle and giving a thumbs up. The background is a light blue wall with a pattern of faint, stylized gears. The man has tattoos on his left arm and is wearing a beaded bracelet on his right wrist. He is sitting at a wooden table with a white paper on it.

1

# GET TREATMENT FOR HEP C

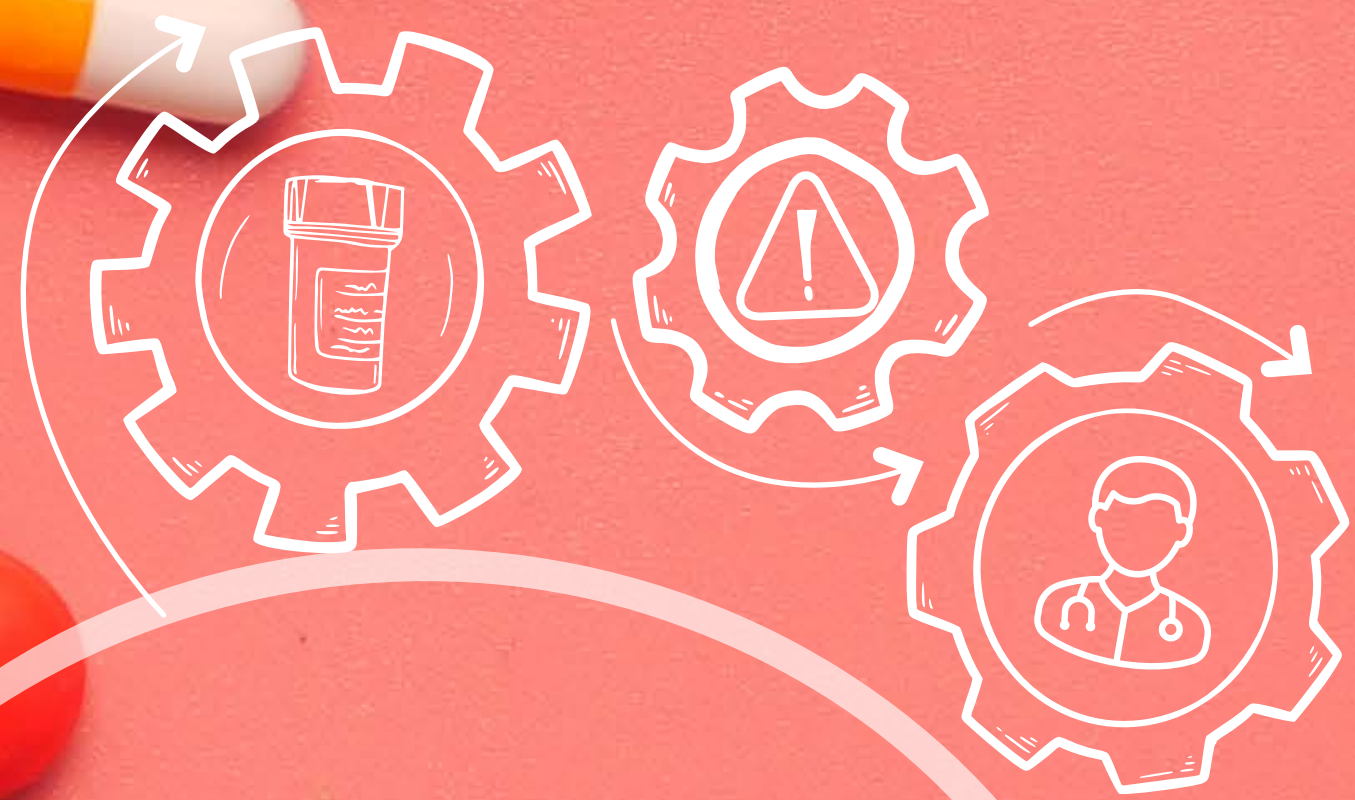
Your health care provider may prescribe antiviral medication to clear the virus from your body. It's important to take it as directed.





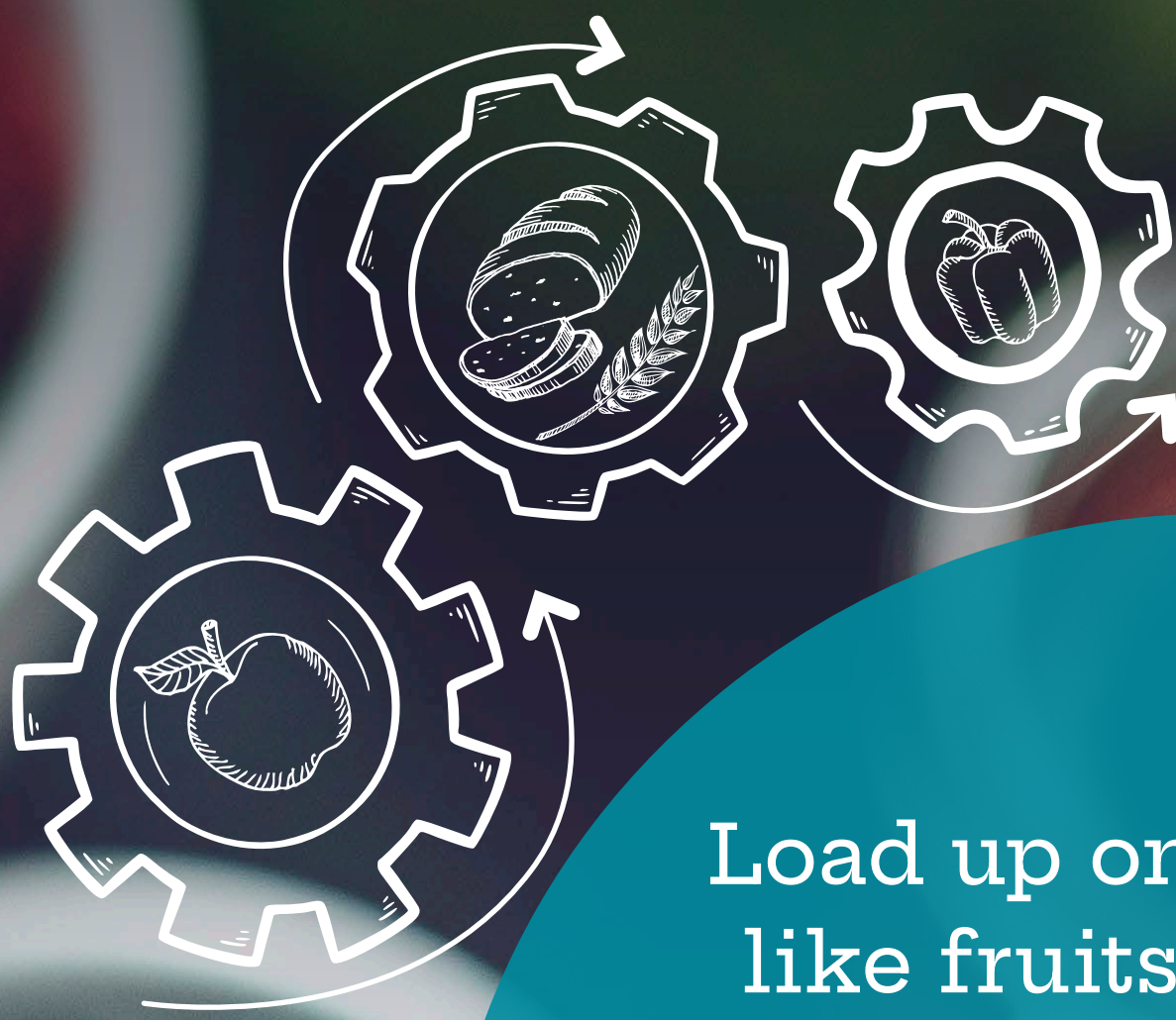


# BE CAUTIOUS WITH MEDS



Some prescription drugs, over-the-counter medicines, and dietary supplements are riskier when you have liver disease. Check with your provider before taking anything new.





Load up on fibrous foods like fruits, veggies, and whole-grain breads to keep your liver working well. Cut back on foods that are high in salt and iron, including processed foods and frozen meals. Be sure to avoid raw or undercooked shellfish.



# EAT A LIVER-HEALTHY DIET





# AVOID DRINKING ALCOHOL



Alcohol can contribute to liver damage, so it's best to quit drinking completely. Find an approach that works best for you and get support at [www.alcoholtreatment.niaaa.nih.gov](http://www.alcoholtreatment.niaaa.nih.gov).



# TAKE ACTION TODAY



With every step you take, you're paving the way for a healthier future. So schedule regular check-ups, stay informed about your health, and never hesitate to reach out for support.

