



**GROUP HEALTH CENTRE**

240 McNabb Street  
Sault Ste. Marie, ON P6B 1Y5  
Tel: 705.759.1234  
www.ghc.on.ca

Ontario Hepatitis Nursing Program  
**Hep C Checklist**

©GHC Communications 02/2010

- If you can, quit drinking alcohol.
- If you can, quit using street drugs.
- If you can, quit smoking cigarettes.
- Get vaccinated for Hepatitis A and Hepatitis B (*available to people with Hep C for free*).
- Inform your sexual partner that you have Hep C.
- Practice safer sex if you have many sexual partners.
- See your family doctor regularly.
- Eat a well balanced diet.
- Reduce your intake of fatty foods.
- Maintain a healthy weight and lose weight if you are overweight.
- Rest as much as you feel you need to.
- Drink as much water as you can.
- Take a multi-vitamin each day.
- Join a support group or talk to others who have Hep C.
- Look for mental, emotional and spiritual help.
- Talk to your doctor before taking drugs, vitamins or herbal remedies.
- Do not share needles, razors or toothbrushes.
- Do not donate blood.