

**4. Reduce alcohol consumption.** One of the most important steps that all people living with hepatitis can take to protect their health is to reduce or eliminate alcohol consumption. Even small amounts of alcohol — 2-3 drinks per day — may speed up liver damage in people with hepatitis C. People living with hepatitis C should talk with their doctor before taking prescription or over-the-counter medications, herbal supplements or vitamins. It is important to avoid large amounts (2000 mg) of acetaminophen (Tylenol and other non-aspirin pain relievers) because they are toxic to the liver.

**5. Learn how to maximize their health.** Persons with HCV should be informed about resources that are available within their communities, including providers of medical evaluation, harm reduction and social support. Other important steps that can help improve health and quality of life for people living with HCV include:

- Eating a healthy, balanced diet;
- Drinking plenty of water;
- Getting at least eight hours of sleep each night;
- Getting exercise; and
- Taking steps to reduce stress.