



HEPATITIS C

Information, advice, testing,
support & training service

COPING WITH FATIGUE

Remember: Tell your doctor if you have fatigue

Some people with hepatitis C say they feel tired a lot. The medical term for this is *fatigue*. HCV can make people feel tired. But so can a lot of other things. If you have HCV and are often tired make sure nothing else is causing your fatigue.

Here are a few things that can cause fatigue:

- ◆ Not enough or poor quality sleep
- ◆ Drugs and alcohol
- ◆ Stress and depression
- ◆ Sometimes other diseases
- ◆ Pain
- ◆ not taking enough exercise
- ◆ A poor diet
- ◆ not drinking enough water and fluids

If you have fatigue, here are some suggestions:

- ◆ Talk to your doctor. Make sure you don't have another health problem.
- ◆ Avoid or reduce alcohol and non-prescribed drug use.
- ◆ Find ways to relax
- ◆ Ask other people for help.
- ◆ Try to rest **before** you get too tired.
- ◆ Spend 5 or 10 minutes outdoors in daylight whenever you can.
- ◆ Use deep breathing for a minute whenever you feel tired.
- ◆ Drink lots of water. Two litres a day is about right.
- ◆ Try to eat the healthiest foods you can. Fruits and nuts are good choices.
- ◆ Try some light exercise every day. Start with 10 to 15 minutes one or two times a day. You don't even have to do this all at once. A 5-minute walk is better than no walk at all.
- ◆ Take short naps – no more than 20 minutes and not close to bedtime.
- ◆ Take a shower. Change water temperatures from hot to cold.

If you are feeling stressed try and access complementary therapies such as massage or Reiki to help you relax. Join a support group and find out how other people cope.