



HEPATITIS C

Information, advice, testing,
support & training service

WHO SHOULD BE TOLD WHEN YOU HAVE HCV?

It makes sense for your GP to know so you can get appropriate health care. You may want to tell your partner or other people close to you so you can get support from them. You do not actually have to tell anyone if you don't want to.

The only people who must disclose their HCV status at work are medical staff who work with exposure prone procedures e.g. in operating theatres. (To prevent further infection no one with a blood borne virus can do this kind of work.)

It is important to remember:

Telling people who are close to you or people who provide your health care is difficult but you may need their help and support.

People may have a lot of questions since they do not understand HCV, so it is very important that you know as much as possible about HCV before you tell others. You may even want to give them some material on HCV to help answer some of the questions that they may ask you.

Be careful who you tell about your HCV tell people that you really trust and ask for their advice before telling others.

Telling people that you have HCV is not easy! What makes it even harder is that many people have never heard of HCV or they have heard things about HCV that are not true.

Some people might even treat you in a different way. Others may be afraid that they will catch HCV from you.

Remember—HCV is spread by blood-to-blood contact! This means that someone would have to get your HCV infected blood into their bloodstream. So unless they get some of your blood there is a very little chance that you could give HCV to them.

Remember you don't have to tell anyone until you are ready.

Make sure you know as much as you can about HCV, contact a Hepatitis C agency like C-Level or join a support group