

## Ways *you* can protect yourself if you have chronic hepatitis

- **Do not drink alcohol, including beer and wine.**
- Avoid raw seafood, especially raw oysters.
- Do not use a lot of Tylenol or acetaminophen-containing medications for pain relief (less than 2 grams/day). Tylenol is filtered by the liver; if the liver is not working right, it can build up in the blood to levels that can further damage the liver.
- When you go to a salt water beach or swimming in the ocean, be careful not to get cut. Bacteria in salt water can get into your system and make you very sick; this is especially true for the beaches on the Gulf of Mexico. If you do get cut and have redness in the area or fever, go to your doctor or local emergency room and tell them you have chronic liver disease!
- If you have not yet been vaccinated for hepatitis A or B (if you do not have B), ask your doctor for this vaccine. Having more than one type of hepatitis can cause additional damage to your liver.
- If you have a lot of bleeding that is slow to stop, if you bruise very easily, or if you notice bloody or black stools, notify your doctor.