Speak Up about Hepatitis C

May 30, 2015 By Lucinda K. Porter RN

In observance of Hepatitis Awareness Month, in May I am posting to this blog daily, suggesting ways to help raise awareness about issues surrounding hepatitis C.

If everyone did a little something to raise hepatitis C awareness, think of the effect it would have. Just like the Grand Canyon was made drop by drop, hepatitis C can be eradicated person by person. No act is too small; just act.

If you haven't done anything yet for Hepatitis Awareness Month, it's not too late. Perhaps you've never told anyone that you have hepatitis C and you are ready to come out of the closet. Speaking up about having hepatitis C is a brave and radical act. It takes courage to declare that you have an illness, particularly a potentially transmissible one.

Telling your story is like extending a hand in the dark to console another. It reminds us that we aren't alone, which may be especially comforting to those who are newly-diagnosed or struggling with HCV. In the words of Holocaust survivor, Elie Wiesel, "Whoever survives a test, whatever it may be, must tell the story. That is his duty."

Note: *Don't disclose unless you are ready.There are sometimes negative consequences of disclosing one's status. So if you aren't ready to face potential stigma or discrimination, then don't do it.*

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