Not Sure How to Observe Hepatitis Awareness Month?

May 8, 2018 By Lucinda K. Porter RN

Are you wondering what you can do to help increase hepatitis C awareness? Here are a few suggestions:

- Encourage everyone you know who was born between 1945-1965 to be tested for hepatitis C.
- Be informed. Learn whatever you can about hepatitis C. Hep is a good place to start.
- If you are comfortable with disclosure, tell your story about living with viral hepatitis. You may be surprised to see how many people have or know of someone who has hepatitis B or C. If you are the first person they have encountered with this, you may be the voice of hope.
- Express your opinion to elected officials. Ask them to support and fund hepatitis-related programs.
- Write a letter for the opinion pages of your local newspaper.
- Record a public service announcement (PSA) for your local radio station.
- Put your email signature line to good use. Feel free to use mine: The CDC recommends hepatitis C testing for all baby boomers. If you were born from 1945 through 1965, get tested.
- Use social media to spread the word. Post information on Facebook and Twitter. Follow other hepatitis activists and retweet their posts. The CDC's Twitter handle is @cdchep. Tweet @hepatitismag too!

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