How to Take Care of Yourself with Hepatitis C During COVID-19

If you have hepatitis C or associated medical conditions, make your safety action plan to protect against cold, flu and COVID-19.

December 11, 2020 By Connie M. Welch

Safety Precaution Steps

- Talk to your doctor about taking extra Vitamin C during this season to help boost your immune system.
- Drink at least 64 ounces of pure water daily or water infused with citrus (coffee and sodas do not count).
- Drink antioxidant tea during the day to help boost your immune system.
- Eat a balanced nutritious diet. Avoid processed foods.
- Get plenty of sleep per night.
- If available, use an air purifier for home or office use.
- Work from home if possible.
- Wash hands using antibacterial soap for 20 seconds or longer. Wash hands often.
- Use hand sanitizer between washing your hands.
- Sneeze or cough into a tissue. If a tissue is not available, use your sleeve.
- Avoid shaking hands and hugging (especially those not in your household).
- Avoid touching your face and mouth.
- Clean surfaces with antibacterial disinfectant or bleach-based solution.
- If you do go out avoid large crowds at all possible. Shop for groceries and necessary items limiting exposure to the least amount of people as possible. At a minimum of 6 to 8 feet apart from others to avoid coughing or sneezing particles.

- Wear masks when you are in public, and around others outside of your immediate family.
- Wipe off handles to shopping carts, door handles, keyboards, phones, and other areas you touch with sanitizing wipes.
- Get the annual flu vaccine. If you are over 65 or have a compromised immune system, get the pneumonia vaccine. Co-infections can cause severe complications quickly. These vaccines can help prevent additional infections.

If You or Someone in Your Household Becomes Sick

- Social distancing helps prevent the spread of virus germs that cause cold, flu, and COVID-19. If you have been exposed, even if do not feel sick or have symptoms, you can still be contagious.
- The incubation period for COVID-19 and most cold and flu strains is 2 to 14 days after exposure.
- Stay home and quarantine even if you think you have allergies, cold, or flu.
- Call your doctor and seek medical tests and care. It is always best to practice caution to prevent any infection.
- Use Tele Med services if they are available.
- If you experience symptoms or had direct exposure to someone who tested positive for COVID-19 contact your doctor and seek testing. Quarantine for 14 days from exposure, even if you test negative from exposure you can develop symptoms during the 14-day period.
- If you experience symptoms, seek testing again, and continue to quarantine until you are advised by your doctor that you are clear. If you experience a high fever that does not respond with medication, or difficulty breathing, seek emergency help immediately.
- Do not despair but be proactive physically, mentally, and emotionally.

If you have a compromised immune system, or other medical conditions like transplant, cancer, heart or lung conditions, diabetes, hepatitis C, or other liver disease conditions, or over the age of 65 you are at a higher risk for infection. Take all necessary prevention steps and stay at home as much as possible.

Talk to your doctor for advice concerning your age and medical condition.

Do you have a question or concern about hepatitis C, and cold, flu and COVID-19?

Share your comments below.

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