



Tell Your Hep Story

May 22, 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.

Here is a big way that anyone with hepatitis C can do to raise hepatitis awareness - tell your hep story.  Chris Taylor, Associate Director of Viral Hepatitis, [National Alliance of State & Territorial AIDS Directors](#) (NASTAD) told me, "One of the most powerful things individuals can do is to talk with others about their experience living with hepatitis C. Sharing your experience reduces stigma and personalizes the epidemic. In addition to helping others feel less isolated, it can raise awareness of the needs related to hepatitis C prevention, testing, care, treatment, and research."

We don't tell our stories for our sake; we tell it for the sake of others. Every week, Hep publishes a new hep story. You can submit your hep story on line by following this [link](#). It is easy to do, and it make a huge difference.

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<http://beta.docker.hepmag.com/blog/tell-your-hep-story>