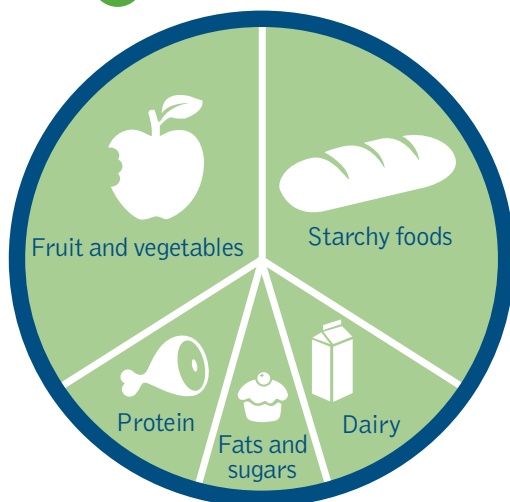


There are lots of things you can do to look after yourself apart from just taking pills.

**1** You can eat a balanced diet.



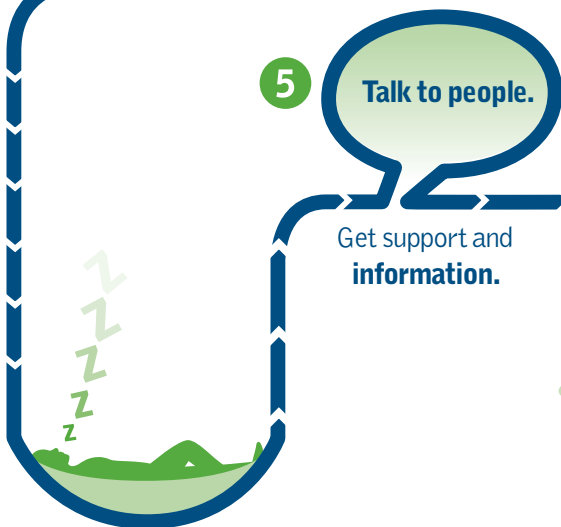
**2** You can do a little exercise.



You can reduce damage to your liver by **avoiding alcohol and/or drugs.**

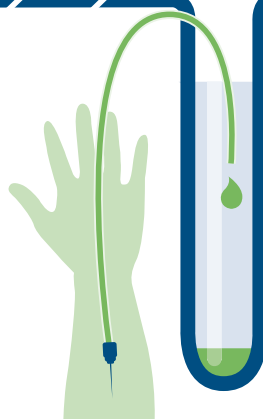


**5** Talk to people.



**6** Attend your doctor's appointments and have regular blood tests.

Get support and information.



**7** Take the HIV and hepatitis C medication prescribed by your doctor.

**4** Try to sleep and rest at least eight hours a night.

### Highlights:

- Just like other people, some changes in your lifestyle can help to improve your health in general.

- Your doctor can change your antiretroviral treatment regimen to make it compatible with hepatitis C treatment.

- Unlike HIV treatment, therapy to combat hepatitis C is administered for a limited period of time.