

ALCOHOL AND HEPATITIS

If you have hepatitis, it is safest not to drink alcohol at all.

Tips for Drinking Less

1. **Avoid alcohol.** Avoid keeping alcohol in your home and try to stay away from activities that involve alcohol.
2. **Substitute alcoholic drinks with water or seltzer.**
3. **When you feel an urge, remember why you want to avoid alcohol or call a friend for support.**
4. **Exercise or pick up a new hobby for times when you would normally drink.**

Find more tips at [RethinkingDrinking.niaaa.nih.gov](https://www.rethinkingdrinking.niaaa.nih.gov).



CREATE AN ACTION PLAN

What?

Example: I will stop drinking or limit myself to one drink a month.

How?

Example: I will drink seltzer water instead of beer at social events.

When?

Example: I will start the next time I am out with my friends.

For help or treatment options, talk to your doctor
or visit [800LifeNet.org](https://www.800LifeNet.org).