



# Give Hepatitis a Face and a Voice

Each and every day, we hear stories from people living with hepatitis B and C about the negative stigma associated with the disease. Stigmatization and prejudice are often based on two factors: ignorance and impersonalization, or “facelessness”. While people may have heard of hepatitis, many have little knowledge about the disease, or worse yet, have incorrect notions about the disease. Ignorance often leads to fear, which is expressed as prejudice. Understandably, the stigma associated with HBV and HCV has caused many people living with the disease to remain silent. However, we’ve all heard the old adage and have certainly experienced its truth at some point:  
Be sure your voice is heard! - **“The squeaky wheel gets the grease.”**



## Send us your video story

Make a short video about your hepatitis experience (2-3 minutes). We will post it on our site.

## Call your elected officials

Call your state and local elected representatives. Tell them you want viral hepatitis moved to the top of their health agenda.

## Write your elected officials

You can begin with the simple act of writing your state and local elected representatives. Tell them you want viral hepatitis moved to the top of their health agenda. It is a simple way to start. We’ve found that email works best.

## Visit your elected officials

A short visit with your elected officials’ offices at home or in DC can make the biggest impact. **Tell them what matters to YOU!** They want to hear from you. You vote for them.

**Change cannot occur without your help. Persistence is the key if we want change.**