

Dear friend,

Hi! Something you may not know about me is that I have autoimmune hepatitis (AIH). Don't worry! It is not contagious, which means you can't "catch it."

My immune system attacks my liver by mistake. My doctor gives me medicine to help my liver and to help my body. I want to share this with you because sometimes I feel _____ even though you may not see it. It helps when others _____.

Sometimes I don't want to play or do activities because of the way my body feels, and other times I do want to play. If you have questions you can ask me or you can ask my _____.

If you want to learn more about my disease, you can visit the Autoimmune Hepatitis Association website: www.aihep.org.

Your friend,

