

Fast Facts

Genital Herpes

- Sexually transmitted infection (STI) caused by the herpes simplex virus (HSV)
 - Spread through skin-to-skin contact
 - There are two types: HSV-1 and HSV-2
- HSV-1 most often causes cold sores or fever blisters around your mouth (can be spread to the genital area during oral sex)
- HSV-2 is the type that is more likely to cause genital herpes because it's very common and highly contagious (can be transmitted even if you don't have an open sore)
- Virus doesn't live outside the body very long, so it's almost impossible to get infected through contact with toilets, towels, or other objects

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -No symptoms (most people) -Pain/itching in the genital area -Small red bumps/tiny white blisters -Ulcers (if blisters rupture and ooze/bleed) -Scabs (ulcers that crust over) <p>Some individuals have flu-like symptoms during the initial outbreak:</p> <ul style="list-style-type: none"> -Swollen lymph nodes in the groin -Headache -Muscle aches -Fever 	<p>No cure</p> <p><i>Medications</i> (antivirals):</p> <ul style="list-style-type: none"> -Acyclovir -Valacyclovir <p><i>Dealing with emotions:</i></p> <ul style="list-style-type: none"> -Be open and honest about your feelings -Believe what they're telling you 	<ul style="list-style-type: none"> -Abstain from sexual activity -Limit sexual contact to only one person who is infection-free -Use a condom every time you have sex <p>-If either you or your partner has an outbreak, you should avoid intercourse</p> <p><i>Pregnant Women:</i></p> <ul style="list-style-type: none"> -Be tested if unsure of status -If positive, take antiviral medications late in your pregnancy to try to prevent an outbreak around the time of your delivery -If you do have an outbreak, might need a cesarean section

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