

HERPES

DID YOU KNOW?

Genital herpes is caused by two types of viruses: herpes simplex type 1 and type 2. It is spread through vaginal, anal, or oral sex with someone who has the virus. Symptoms can occur in both male and female genital areas, but outbreaks can occur in other areas.

Self-Care Tips

The following tips can help ease some of the symptoms you may be experiencing:



Take acetaminophen, ibuprofen, or Aleve to relieve pain



Apply cool compresses to sores several times a day to relieve pain and itching



Urinating in a tub of water or pouring water over the genitals while urinating can help avoid pain



Wash sores gently with soap and water, then pat dry



Wear loose-fitting cotton underwear



Get plenty of sleep as this keeps your immune system strong



Increase your fluid intake, especially water

Things to Avoid

In order to help the healing process:

- Do not take aspirin (refer to medications under self-care tips for pain relief)
- Do not bandage sores
- Do not pick at sores as this could lead to an infection
- Do not use ointment or lotion on sores unless it has been prescribed by your provider
- Do not wear nylon or other synthetic pantyhose or underwear, or tight-fitting pants

Prevention

- Wash hands thoroughly after touching your genitals; be especially careful that hands are clean before touching the eye area
- Make sure dishes and utensils you use are washed well with detergent before others use them
- Avoid intercourse until sores have healed
- Use condoms and dental dams as the virus may still be spread even when no sores are present
- It is strongly recommended to have further testing done to rule out infection with any other STIs/STDs

Additional Resources



Websites

www.ashasexualhealth.org

www.cdc.gov/std/herpes



Toll Free Numbers

CDC National STD Hotline
1-800-232-4636 (24/7)

ASHA STI Resource Center Hotline
1-800-227-8922 (M-F, 9 AM to 6 PM EST)



Literature

To download a free copy of *The Updated Herpes Handbook*:

- Visit www.westoverheights.com
- Click on "Herpes" then "Herpes Handbook"

References:

- CDC (2016). Genital Herpes – CDC Fact Sheet. Retrieved from: <https://www.cdc.gov/std/herpes/stdfact-herpes.htm>
- MedLine Plus (2014). Genital Herpes – Self Care. Retrieved from: <https://medlineplus.gov/ency/patientinstructions/000653.htm>

For more information, you can call
the UHS information line at:
850-644-6230
(M-F, 8 AM – 5 PM EST)

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