

# Herpes - Genital

## What is it?

- **Genital Herpes-** is a STD/Sexually transmitted Disease caused by the herpes simplex virus type 1 and 2; most are caused by type 2,



## Signs and Symptoms:

- 1 or more blisters on or around the genitals or rectum, the blisters break leaving sores that take 2-4 weeks to heal, another outbreak is less severe, and the outbreaks decrease over a period of years
- **Other Signs & Symptoms-** flu like symptoms, fever, swollen glands, may be mistaken for insect bites or another skin condition, usually have 4 or 5 outbreaks in a year
- **Complications-** causes recurrent painful genital sores in many adults, can be severe in people with a suppressed immune system, psychological distress, potential fatal infections in babies, acquired during late pregnancy poses a greater risk of transmission to the baby, a cesarean is performed if there is a genital infection at the time of delivery, can play a role in the spread of HIV infection, makes a person more susceptible to HIV infection and more infectious

## Facts:

- **Is Genital Herpes Common?-** 45 million people have, ages 12 and older, nationwide, 1 out of 5 adolescents and adults have had genital HSV infection
- **HSV-2-** is more common in women with 1 in 4, in men is 1 in 8 and may be due to male to female transmission, can transfer from an infected partner who does not have a visible sore; most are not aware of their infection
- **HSV-1-** can cause genital herpes but is more common to cause infections in the lips and mouth/fever blisters, may be caused by oral genital or genital to genital contact, outbreaks occur less frequently than HSV-2

## What can I do?

- **See your Health Care Provider-** blood test will detect HSV-1 and HSV-2 infection, there is no treatment that can cure herpes, and antiviral medications can shorten and prevent outbreaks during the time a person is taking medication
- **Positive HSV-2 Blood Test-** most likely indicates a genital herpes infection

