

Herpes Simplex Virus-1:

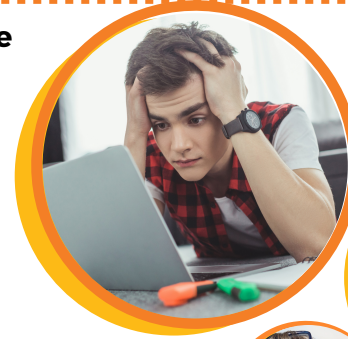
Lower your outbreak risk.

WHAT ARE THE RISKS FOR HERPES OUTBREAKS?

If you carry oral herpes germs and have active blisters, you are having an outbreak. Different things can cause an outbreak:

- Sunburn.
- Extreme temperatures (hot or cold).
- Stress (physical or emotional).
- Fatigue (being tired).
- Fever and illness, such as cold or flu.
- Damaged, dry or cracked lips.
- Hormonal changes, like during menstruation (a person's period).

What triggers blisters in one person might not cause an outbreak in another person. You can carry herpes and never have an outbreak.



HOW CAN I PREVENT AN OUTBREAK OF SORES?

- **Protect yourself from germs:** Sickness and fever can trigger blisters, which is why people sometimes call them "fever blisters."
- **Get enough rest:** Being tired weakens your immune system and makes you more likely to have an outbreak.
- **Wear lip balm with SPF:** Protecting your lips from sunburn can help you prevent an outbreak of blisters.
- **Find healthy ways to deal with stress.**



WHAT SHOULD I DO DURING AN OUTBREAK?

- **Use medicine from the store** to help with pain and to help end the outbreak more quickly.
- **Avoid kissing and face-to-face contact** if you or someone else has sores.
- **Don't share anything that touches your mouth**, like cups, straws, lip balm or lipstick.
- **Avoid contact, such as kissing your baby**, if you have an outbreak. Herpes spreads very easily, and can be dangerous for babies. If you care for a baby, ask your doctor how to protect the baby from the herpes.