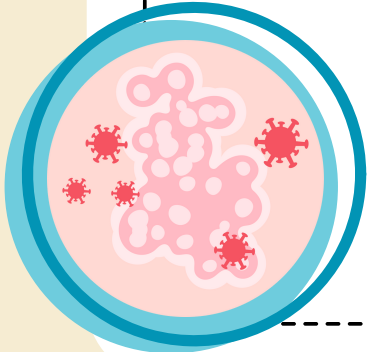


Herpes Simplex Virus - 1 Fact Sheet

What is HSV-1?



- Herpes Simplex Virus-1 (HSV-1) is also known as oral herpes, "cold sores," or fever blisters.
- Herpes spreads very easily. **Most** people carry herpes germs. It is possible to carry the germs and have no symptoms.
- There is no cure for herpes. There **are** ways to treat symptoms, and even lower your risk for an **outbreak: repeated oral sores and blisters**.
- Oral herpes in babies can be very dangerous.

How do I know if I have HSV-1?

Most people realize they have **herpes** when they have blisters, also known as an outbreak.

These are signs and symptoms of a herpes **outbreak**:

- **Tingling, itching, or burning** in your lips and gums.
- Open sores and painful blisters around the mouth.

During a person's first outbreak, they may have flu-like symptoms:

- Fever
- Sore throat
- Body aches
- Headache



How does HSV-1 spread?



Oral herpes can spread when you have contact with an infected person's sores, saliva, or their mouth.

This may happen if you:

- Have skin-to-skin contact with an infected person's sores, like when kissing.
- Share objects that touch your mouth, like drinks, toothbrushes, or eating utensils.

Herpes can spread even when you DON'T have sores.

How can I protect myself?



Many people carry the oral herpes virus, so they should think about both avoiding the germs and preventing outbreaks.

- Avoid direct contact with an infected person's blisters and open sores.
- Do not share any personal objects that touch your mouth (e.g., chapsticks, drinks, eating utensils) with others.
- Wash your hands with soap and water before touching your lips.

How should I take care of myself or someone who has Oral Herpes?

Many people have oral herpes, and most can treat it at home.

- Keep the sores clean and dry.
- Use medicines from your drug store to:
 - Reduce the time and intensity of the outbreak.
 - Manage pain during the outbreak.
- During an outbreak, you are very contagious. Keep all items that touch your mouth to yourself and wash them after each use.
- Lower your **outbreak risks** when possible.

Outbreak Risks:

- Illness or fever
- Too much sun
- Mood and stress
- Menstruation (a person's period)
- Surgery
- Injury

When should I call a doctor?



- Usually, you can buy medicine at the store to treat infections at home.
- If you're having frequent outbreaks, or they don't go away in a week or 2, ask your doctor if you need prescription medicine.
- Herpes in babies can be very dangerous. You should always consult your doctor if your baby seems to have herpes.