

Herpes: Things You Should Know - Questions and Answers

Herpes is a common viral infection that can affect the skin, genitals, and mouth. It is caused by the herpes simplex virus (HSV), which is highly contagious. There are two main types of HSV: HSV-1 and HSV-2.



Herpes: Things You Should Know (Questions and Answers) by Lisa Cipriano Collins

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HSV-1 is the most common type of herpes, and it typically causes oral herpes, also known as cold sores or fever blisters. HSV-2 is less common, and it typically causes genital herpes.

Symptoms of Herpes

The symptoms of herpes can vary depending on the type of virus and the location of the infection. However, some of the most common symptoms include:

- Tingling or burning sensation
- Small, red bumps that develop into blisters
- Ulcers
- Pain
- Itching
- Swollen lymph nodes
- Fever

Transmission of Herpes

HSV is transmitted through contact with infected skin or mucous membranes. This can occur during sexual intercourse, oral sex, or kissing. It is also possible to transmit HSV to a newborn baby during childbirth if the mother has an active infection.

Treatment of Herpes

There is no cure for herpes, but there are treatments that can help to manage the symptoms and reduce the risk of transmission. These treatments include:

- Antiviral medications
- Pain relievers
- Sitz baths
- Cool compresses

Prevention of Herpes

There are no guarantees when it comes to preventing herpes, but there are some things you can do to reduce your risk of infection, such as:

- Avoid contact with infected skin or mucous membranes
- Use condoms during sexual intercourse
- Get vaccinated against HSV-1 and HSV-2

Questions and Answers about Herpes

Here are some of the most common questions and answers about herpes:

1. What is the difference between HSV-1 and HSV-2?

HSV-1 typically causes oral herpes, while HSV-2 typically causes genital herpes. However, both types of virus can cause infections in either location.

2. Can herpes be cured?

No, there is no cure for herpes. However, there are treatments that can help to manage the symptoms and reduce the risk of transmission.

3. Can herpes be transmitted to a newborn baby?

Yes, it is possible to transmit HSV to a newborn baby during childbirth if the mother has an active infection.

4. Can I have herpes without symptoms?

Yes, it is possible to have herpes without any symptoms. This is known as asymptomatic shedding.

5. What should I do if I think I have herpes?

If you think you have herpes, it is important to see a doctor right away. They can diagnose herpes and recommend the best course of treatment.

Additional Resources

- CDC: Herpes
- Planned Parenthood: Herpes
- WebMD: Herpes Sores



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