

INTEGRATED SEXUAL HEALTH SERVICE

GENITAL HERPES

Genital Herpes is a Viral infection caused by the Herpes Simplex Virus (HSV) which is the same type of virus which causes Cold Sores. The HSV virus is very common and many people who have the virus may never be aware of this.

How is Genital Herpes caught?

This infection is most likely to be passed on during sexual activity when the virus is active, which in practice means just before sores become visible and after they have gone as well. Sexual contact includes, but is not limited to;

- Anal Sex
- Vaginal Sex
- Oral Sex
- Skin to skin contact with infected area.

Will I know if I have it?

Sores may not be visible for several months after infection, although some people may see signs of infection within a few weeks. Sores will take the form of small blisters which can burst leaving a red open sore which can cause some pain and discomfort.

Will it have any long term effects?

Genital Herpes is very unlikely to have any long term health effects, although if someone comes into contact with this infection for the first time during pregnancy it can, in rare circumstances, be passed to the baby.

<http://sexualhealth.cht.nhs/think-sexual-health>



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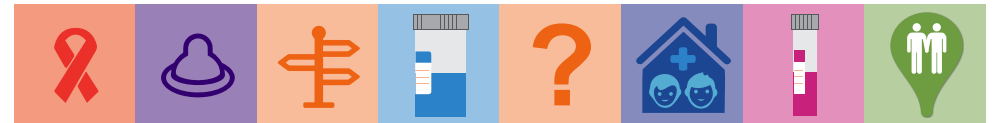
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Will the Genital Herpes come back after treatment?

Usually treatment will be required during a first outbreak of Genital Herpes to reduce the length of time and severity of the outbreak. However, this does not cure the virus and further outbreaks can occur, although these are usually less severe.

How can I best protect myself against Genital Herpes?

Using condoms and Dental Dams can help to avoid acquiring this infection, or passing it on, but sores may well occur in an area not covered. Other things which can help include avoiding vaginal, anal or oral sex, and avoid sharing sex toys if your partner has an outbreak of the virus.

What are the treatments for Genital Herpes?

On first outbreak which can be more severe someone may need antiviral medication to reduce the length and severity of that outbreak.

Subsequent outbreaks, if they do occur, are often milder and can often be self-treated by making sure the area is kept clean using plain water to prevent sores becoming infected. Using a pain killing cream can also help with any discomfort, as can avoiding tight fitting clothes which may rub and irritate. However, if sores persist and/or become painful then attend a clinic for treatment.

Where can I go to be treated for Genital Herpes?

The sexual health clinic can offer treatment and advice so call us on 01422 261370 to make an appointment or drop in to one of our Queue and Wait clinics at Broad Street Health Centre. Details can be found on our website below.

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Sexual Health Calderdale and Huddersfield is part of the Calderdale & Huddersfield NHS Foundation Trust

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