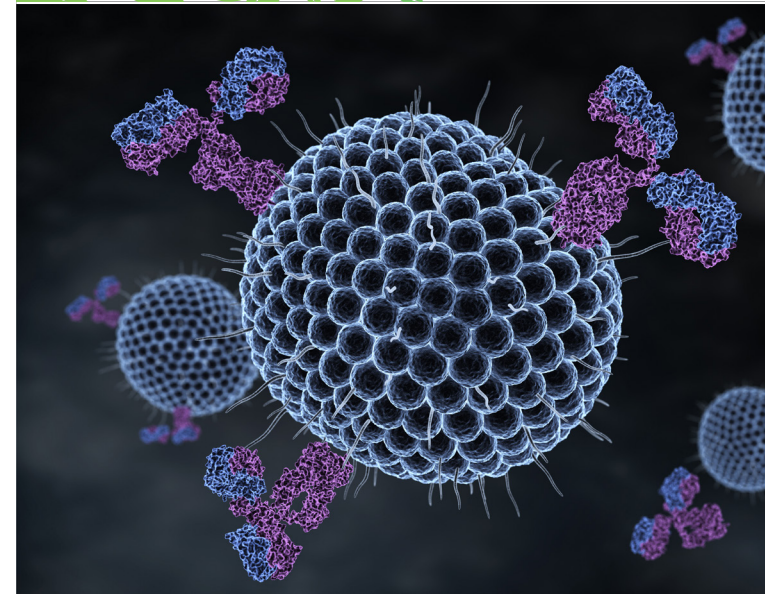


Genital Herpes



For more information, call 40254025 HMC-STI clinic at the Communicable Disease Center



Patient and Family Education

@ patienteducation@hamad.qa

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Genital Herpes

THE FACTS

- Genital herpes is a sexually transmitted virus that most individuals are unaware they have. The majority of the time, there are no signs or symptoms.
- The most typical symptoms are painful blisters and sores if you have them.
- You can infect people with genital herpes without even realizing it.
- Although there is no cure for genital herpes, the symptoms can be managed with medication.
- In most cases, genital herpes does not result in major health issues.

How can I lessen my risk for genital herpes?

- The best strategy to avoid genital herpes is to avoid having sex or to have intercourse with someone who isn't infected and only has sex with you.
- If used correctly, condoms can lower your chance of contracting genital herpes. A condom, on the other hand, simply protects the region of the body that it covers. Infected areas are those that the condom does not cover.
- After intercourse, washing the genitals, urinating, or douching will not prevent sexually transmitted disease (STD).
- In case of recurrent herpes episodes; using of chronic suppressive treatment can reduce transmission rate.

How would I know if I have genital herpes?

Ask a doctor. To determine if you have genital herpes, blood tests will be helpful.

What are the symptoms of genital herpes?

Symptoms of genital herpes are typically absent.

- Painful blisters or sores on or around the genitals or anus if you have symptoms. In most cases, these lesions will heal in two to four weeks.
- Feeling as if you had the flu when you have sores.
- Recurring sores throughout the course of a year.
- The presence of sores is referred to as an outbreak.

HSV1 and HSV2 are the two forms of genital herpes virus. On or near the genitals, both forms can produce sores or blisters. HSV1 can also produce fever blisters, which are lesions on the mouth or lips.

How does someone get genital herpes?

- You can catch genital herpes if your genitals come into contact with infected skin or secretions (such as saliva via oral sex) of someone who has it.
- You can get genital herpes even if your partner is free of symptoms.

If I have genital herpes, what is expected to happen to me?

Men and women

- Several outbreaks (typically four or five) can be expected each year. You might expect fewer breakouts as time goes by.
- If you have unprotected intercourse with an HIV-positive partner, you're more likely to get the virus.
- Being aware that you have genital herpes might make you feel anxious or depressed. Discuss your concerns with a doctor.

Pregnant women

- In rare cases, you could pass the infection to your baby.
- If you have active genital herpes when you go into labor, the doctor may do a cesarean delivery.
- Be sure to tell your doctor if you or your partner has genital herpes as certain measures should be taken to reduce your chances of affecting your baby both during pregnancy and at the time of delivery.

When should I be tested?

If you have genital herpes, you should get checked for it.

- Do you experience any side effects? (like an unusual sore).
- Your spouse has genital herpes or is experiencing symptoms that might be genital herpes.

If I have genital herpes and I also have a partner, what could that mean?

It's possible that both of you have genital herpes.

- Inform your recent sexual partners so that they may be evaluated and perhaps treated at their doctor's office.
- When you have obvious sores or other signs, avoid having intercourse with an uninfected partner.
- Keep in mind that you can still infect your partner even if you don't have any symptoms.

Can genital herpes be treated?

- Although there is no cure for genital herpes, the symptoms can be managed.
- Some medications can help prevent or speed up the healing of blisters.
- If you have numerous outbreaks in a year, a medication known as daily suppressive therapy can lower your risk of infecting your sexual partners.

PROTECT YOURSELF AND YOUR PARTNER.

If your spouse is being treated for genital herpes, you should always consult a doctor.

If you or your sex partner detect any signs, such as an odd sore, you should consult a doctor.

You should be examined for other STDs if you have genital herpes. Tell your recent sexual partners so they may get tested as well. Discuss genital herpes and other STDs with your spouse freely and honestly.