

Does herpes affect fertility or pregnancy?

Herpes does not affect fertility in men or women. It doesn't affect women during pregnancy. There is a small chance that the virus can be passed on to babies during birth. When you are pregnant it is important to tell your doctor or midwife that you have had herpes.

Where can I get help and information?

Finding out you have genital herpes may make you feel anxious. Getting the right information about how it will affect you is important.

You can contact a nurse on SHine SA's Sexual Healthline between 9 am and 1 pm, Monday to Friday:

Tel: **1300 883 793**
Country callers (toll free): 1800 188 171
Email: sexualhealthhotline@health.sa.gov.au

You can see a doctor at SHine SA for further information, treatment and counselling that is confidential.

You can also:

- make an appointment with your local doctor
- drop in to Clinic 275 for a free and confidential sexual health check at 275 North Terrace, Adelaide (opposite the Royal Adelaide Hospital)
- phone Clinic 275 on 8222 5075 for more information
- check out Clinic 275's website at: www.stdservices.on.net

SHine SA contact details

East/West Primary Health Care Team

GP Plus Health Care Centre
64c Woodville Road, Woodville
Postal address: PO Box 76 Woodville SA 5011
Tel: 8300 5300
Clinic appointments: 8300 5301

Northern Primary Health Care Team

43 Peachey Road, Davoren Park
Postal address: PO Box 719 Davoren Park SA 5113
Tel: 8256 0700

Southern Primary Health Care Team

19-23 Beach Road, Christies Beach
Postal address: PO Box 330 Christies Beach SA 5165
Tel: 8186 8600

Workforce Development & Resources

64c Woodville Road, Woodville
Postal address: PO Box 76 Woodville SA 5011
Tel: 8300 5317
Email: SHineSACourses@health.sa.gov.au

Library & Resource Centre

64c Woodville Road, Woodville
Postal address: PO Box 76 Woodville SA 5011
Tel: 8300 5312
Email: SHineSALibrary@health.sa.gov.au

Sexual Healthline

Available 9 am – 1 pm, Monday – Friday
Tel: 1300 883 793
Country callers (toll free): 1800 188 171
Email: sexualhealthhotline@health.sa.gov.au

Website www.shinesa.org.au

National Relay Service: www.relayservice.com.au
133 677 (TTY/Voice) 1300 555 727 (Speak & Listen)

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To download the most recent version visit www.shinesa.org.au

Herpes



safety, pleasure, respect

What is herpes?

Herpes is a common infection caused by a virus. There are several different types of herpes virus. The most common types are herpes simplex virus type 1 (HSV 1) and herpes simplex virus type 2 (HSV 2).

HSV 1 usually causes sores around the lips or face, known as cold sores. HSV 2 usually causes blisters or sores around the genital area (including the bottom). It's generally a more severe infection, with fever and flu-like symptoms. However, both types of virus can cause infection on the face or genital area.

Most people who have herpes are not aware that they have the infection. This is because it doesn't always cause any symptoms when it enters the body. The symptoms are often mistaken for chafing, a rash or some other minor discomfort. The herpes virus stays in your system, even if you don't have any symptoms.

How can I get herpes?

Herpes is passed on from one person to another by skin-to-skin contact. If any sores or blisters are present, a person is more likely to pass on herpes. Even if there are no symptoms, it can be possible to pass on herpes to a partner through kissing, oral, vaginal or anal sex.

Remember if your partner has cold sores on the mouth you can get genital herpes through oral sex.

The use of condoms and dams decreases the risk of passing on herpes. It's strongly recommended that you use condoms or dams to protect you and your partner from all sexually transmitted infections.

How do I know if I have herpes?

The first herpes outbreak is usually the most severe, but it may occur days to years after the virus first enters your body. It can cause blisters, broken skin, itching, burning when passing urine or a discharge. It is often painful. It may be difficult to know for certain if you have herpes. If you have any symptoms like these it's a good idea to see a doctor.

How do I get tested for herpes?

If you have symptoms your doctor can take a swab from the area and send it for testing. A positive swab result confirms that you have herpes.

A negative test may mean that you don't have the infection or the virus was not present on the skin by the time the swab was collected. Sometimes the swab test may need to be repeated.

Although there is a blood test available, this will only tell you whether you have ever been infected with a herpes virus. This could be oral or genital herpes and you may never have had or may never get any signs of the infection. If you want more information, please discuss this with a doctor.

How is herpes treated?

Many herpes outbreaks last three to seven days. Antiviral medication is available on prescription from a doctor. These tablets need to be taken within the first three days of the rash appearing.

Local treatments (treatment to the affected area) may also help. These include:

- Betadine (aqueous iodine antiseptic) that you can buy from a chemist will dry out any blisters and help to prevent any other skin infections
- salt baths may help if your genital area is painful
- aspirin or paracetamol will help to relieve pain
- acyclovir creams, like Zovirax, can be used on the sores as soon as they appear
- applying ice to the infected area to relieve pain

You can also help the healing process and reduce your discomfort by wearing cotton underwear and loose-fitting clothing. For more information on natural treatments see SHine SA's leaflet *Herpes using natural therapies*.

Can symptoms come back?

Blisters can come back, usually in the same place. Recurrences are usually less severe and may become less frequent or stop over time.

Some people can tell when an outbreak of herpes is about to happen; they may feel tingling or pain in the affected skin or some other sign. This is the best time to start taking antiviral medication, as it may prevent a full outbreak from occurring. See your doctor, discuss your symptoms and have the medication on hand.

Sometimes, recurrent symptoms may be so mild that you only need local treatments.

Some people who have herpes get frequent, troubling outbreaks. For these people medication can be prescribed and taken regularly to prevent outbreaks. Discuss your treatment with a doctor.

If I have herpes how can I protect myself and others?

Herpes outbreaks are more common when you are unwell or stressed, like getting a cold sore when you have a cold. Keeping healthy, getting enough sleep and reducing the stresses in your life can make herpes attacks shorter, less severe and less frequent.

To reduce the risk of spreading the herpes virus to other people or to other places on your body don't touch the herpes sores and, if you do, wash your hands thoroughly with soap and water immediately after.

Before you are sexually active, discuss your situation with your partner and decide together on the protection which suits you best. Ideally you should avoid sexual contact from the time you first experience any symptoms until the sore has completely healed (the scab has fallen off and there is new skin where the sore was).

Remember, it is possible to pass on the infection even if there are no obvious blisters, sores or other symptoms.

Condoms are an effective barrier to prevent infection *if they cover the infected area*. It's important to use water-based lubricants to prevent the condom breaking.

You can also use dams. These are very thin squares of rubber used to cover genitals. They are used when giving oral or digital sex. Dams can protect both partners from herpes if the dam covers the infected area.