



Herpes Simplex Virus

Types of Infection

- Herpes simplex virus type 1(HSV-1) : Commonly associated with cold sores or fever blisters, usually located around the mouth and nose
- Herpes simplex virus type 2(HSV-2) : Commonly associated or called genital herpes.

Signs & Symptoms

- Primary episode occurs within 2 wks of exposure to the virus
- Severe pain to little or no pain (it has a wide range)
- Genital itching, burning, and/or soreness
- Sores may be cluster form
- Painful blisters that may ulcerate, crust over, then heal
- May have fever, headache, muscle pain, meningitis, and swelling of lymph nodes in the groin
- Painful urination
- Discharge from vagina or penis

Diagnosis

- Assessment of sexual history
- Physical symptoms
- Culture of the sore (even if test negative person may still be infected)
- Blood test to determine if person has HSV-2 antibodies

Treatment

- Antiviral medications to reduce the number of outbreaks and viral shedding
- No cure for HSV
- Prevention is the best treatment

Statistics

- 45 million Americans currently living with HSV
- Millions of Americans currently living with other forms of HSV infections

International Herpes Alliance

- Launched December 1999, non-profit organization
- Offer support and information to those infected, those that manage the condition and national support groups around the world
- Conduct research
- Develop and implement new ways to prevent the spread of HSV
- Goals: Achieve the best possible care for those diagnosed, address the stigma associated with the disease by educating the public, and to help decrease the prevalence of the disease worldwide
- Physicians, nurses, and researchers work together to provide each other and the program with the most up-to-date information and research
- http://www.herpesalliance.org/overview_charter.htm

The American Herpes Foundation

- Non-profit organization
- Provide information and education about HSV
- Goals: Improve the understanding, management, and control of HSV
- Provides accredited publications and teaching kits for educators and physicians
- Conferences held by foundation throughout the United States
- <http://www.herpes-foundation.org/>

American Social Health Association

- Developed in 1914, non-governmental source
- Dedicated to promoting awareness, education, support, health policy and provider training
- Goals: Improving health of individuals, families, and communities by preventing the spread of HSV
- Provides readers with access to facts, support, resources, referrals, support groups, and in-depth information about HSV
- Conduct and provide research
- <http://www.ashastd.org/aboutasha/mission.html>

¹The American Herpes Foundation. (n.d.) Improving Understanding, management, and control of the herpes virus infections. Retrieved February 7, 2005, from: <http://www.herpes-foundation.org/>

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