



ADVICE AND FACTS ABOUT SEXUALLY TRANSMITTED INFECTIONS

DET HÄR ÄR EN ÖVERSÄTTNING TILL ENGELSKA AV FAKTABLADET RÅD OCH FAKTA OM SEXUELLT ÖVERFÖRDA INFEKTIONER - HERPES.

Herpes

Herpes is caused by a virus of which there are different types. One type causes rashes, blisters and sores on the lips or in the mouth. Another type causes blisters, sores and rashes on the genitals. Herpes is spread via fluid from blisters and sores. Oral herpes is also spread via saliva and kissing. Genital herpes is spread via pus in secretions from the genitals if you have unprotected vaginal sex at a time when you have an outbreak of the infection. Herpes is also transmitted via unprotected anal and oral sex.

Symptoms of herpes

Herpes manifests itself first as redness, and sometimes itchiness in a limited area in which the virus is present. Thereafter, fluid-filled blisters are formed which can break and form sores. These can be very painful, especially if you touch them. Large parts of the mucous membrane can become red and swollen. During the first outbreak of the infection in your genitals, you may also have a high fever, headache and swollen lymph glands in the groin area which are thus very tender. You may also have difficulties urinating.

But you will not necessarily have symptoms the first time there is an outbreak of the infection. The majority of people who get herpes have no noticeable symptoms. If symptoms are to arise, it can take one to three weeks from the time of infection until there is an outbreak and they appear.

Herpes viruses often remain in the body after an outbreak and there may be subsequent outbreaks of the infection, although often in milder forms and for shorter periods.

Get tested for herpes

Herpes can be detected by taking samples from the blisters and sores. The diagnosis can and should always be secured using virus samples from pus. The examination is not always free.

Treatment

Herpes is not curable. Outbreaks can be alleviated and shortened with the use of certain medicine which counteracts the herpes virus. The treatment is not free and the disease is not covered in the Communicable Diseases Act.

Important points about herpes

Oral herpes is more common than the type of herpes virus found only in the genitals (genital herpes). Oral herpes is however also quite commonly found in the genitals.

Genital herpes does not affect your chances to have children, although outbreaks may be painful. It is a good idea to tell your sexual partner that you have herpes, even if you do not have a current outbreak of the infection. The symptoms often become milder over time and you may have an outbreak without noticing any symptoms. Condoms are a good protection against herpes, regardless of whether or not you currently have an outbreak of the infection.

The risk of a child contracting herpes during delivery is very small. If you as an expectant mother have a current outbreak of herpes, various measures are taken during delivery in order to protect the child against the infection.

