

Herpes

What is it?

- **Blisters of the Skin**-Herpes Simplex and Herpes Zoster
- **Causes**- infectious mononucleosis-Epstein-Barr virus
- **Causes Roseola Infantum**- Herpesvirus 6
- **Cause of Kaposi's Sarcoma**- in people with AIDS, Herpesvirus 8
- **Cold Sores**- on the lips or eyes HSV-1
- **Sexual Contact**- with genital herpes HSV-2



Who does it affect?

- **HSV-2**- can be transmitted to the fetus if occurred in the last 3 months of pregnancy
- **People with AIDS infections**- of the skin can be severe and persistent with inflammation of the esophagus and intestines, ulcers around the anus, pneumonia, nerve abnormalities

What are the Symptoms?

- **Recurring Episodes** -of small, painful blisters on the skin or mucous membranes
- Can serve as a source of infecting other people
- **Eruptions** -may be triggered by overexposure to sunlight, physical or mental stress, fever, certain medications, certain foods, suppression of the immune system, and other factors unknown
- **Itching and Blisters**- that form in clusters that are painful

What do I need to do?

- **See your Health Care Provider**
- **Increase**- fluids
- **See a Registered Dietitian**- for healthy eating tips, diet plan
- **Treat and Prevent**- bacterial infection, keep infected areas clean

