



## Genital Herpes – the basics

### What is genital herpes (jenital her-pees)?

Genital herpes is a sexually transmissible infection (STI). Genital herpes is quite common.

### How do you get herpes?

- You can get genital herpes when you have sex with someone who has genital herpes without a condom. You can also get it from oral sex.
- It can be spread by any contact with the skin of someone who genital herpes.
- Babies can get herpes from their mother during birth.

### Symptoms – how would I know if I have genital herpes?

- Genital herpes causes blisters or sores around the penis, vagina, anus (bum) or mouth. These can be painful or tingly. Some people get aches.
- The sores come and go.

Some people who have genital herpes get no symptoms or signs. You can have genital herpes and not know it. The only way of knowing whether you have genital herpes is to get tested.

### Testing for genital herpes

- Testing for genital herpes is simple and done at the clinic.
- You can get tested as part of your health check – just ask.
- Get tested every six to 12 months.

### What's the treatment for genital herpes?

- There is no cure but there are tablets to help with blisters and sores.

### What if I don't get treated?

- If you have genital herpes and don't get treated, you'll get sores more often.
- Getting treated means you're less likely to pass herpes on to your partner.

***Let's look after our health and get tested for STIs. If we all test and get treated, we can stop the spread of STIs in our community.***