

What is herpes?

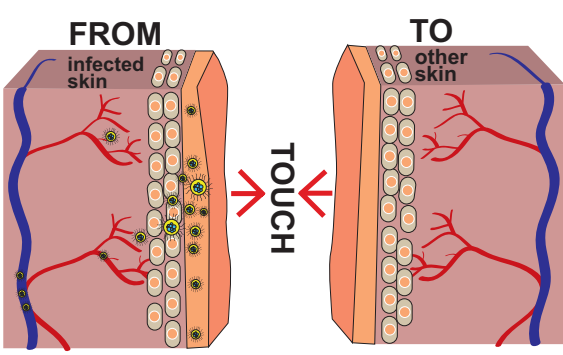
Herpes is a skin infection caused by **two types** of Herpes Simplex Virus (HSV). The first type (HSV-1) causes “cold sores” on the mouth, but can also infect other areas including the genitals. The second type (HSV-2) causes painful sores on or around the genitals, but can also infect other areas including the mouth. Both can be spread by sexual contact, but they are different infections with similar symptoms. Many people with genital herpes have no symptoms. Infection with herpes, even without symptoms, makes your body more open to getting infected with HIV, the virus that causes AIDS.

Remember: viruses spread wherever and whenever they can.
Sex can spread virus, but sex **does not cause** herpes.
A virus causes herpes.

How is it spread?

Both types of herpes are **easily spread by direct contact** (touching) with infected skin or mucosa (thin wet skin inside the mouth, vagina [pussy] or rectum [inside the ass]). HSV-2 can spread even if no herpes sores can be seen.

FROM infected skin or mucosa (Vulva, vagina or cervix [in/outside pussy]; Penis [dick] or scrotum [ball sack]; Mouth or lips; Anus or rectum [in/outside ass]; Other skin)



TO other skin or mucosa (ANYWHERE on a sex partner or to other parts of the infected person).

Herpes can also spread from mother to child during childbirth and can be very dangerous for the newborn. This is most likely to happen in women who are newly infected with herpes late in the pregnancy.

Can it be prevented?

Yes, it can. Prevention means **reducing your risk** of getting herpes. You can avoid herpes by avoiding direct contact with infected skin just before or during an outbreak. Individuals with herpes can reduce the chance of spreading it to a sex partner by taking anti-viral medication. Pregnant women who know they have herpes can also take anti-viral medication to reduce the chances of an outbreak during birth. A new vaccine for genital herpes has been found to prevent women (but not men) from getting infected with the virus and may become available in the next few years.

USING
CONDOMS
& SAFER
SEX

Using condoms will reduce your risk of coming into contact with herpes, but **parts of the body NOT covered are NOT protected** (scrotum [ball sack], lips of vulva [pussy]). The female condom covers a larger area of the skin and may protect more.

What are the symptoms?

Most people infected with genital herpes (HSV-2) will carry the virus with **no symptoms**. These people may shed virus from the skin for a few days every year and spread the infection without knowing it.

THE
MALE
SEX

Within one to three weeks of infection, some individuals will develop clusters of small red bumps wherever the virus entered the body, often accompanied by fever and swollen glands. The bumps burst open and become painful sores that usually take 2 to 4 weeks to heal completely.

THE
FEMALE
SEX

After the initial outbreak, the virus hides in the nerves under the skin and may cause outbreaks any time in the future. How often this happens is different for everybody (from never to several times per year), and is influenced by “trigger factors” such as menstruation, emotional stress, having sex, and other infections.

Before an outbreak, people often have warning signs such as burning, itching or tingling.

The first outbreak usually has worse symptoms and lasts longer than recurring outbreaks.

Can it be cured?

No. Once you are infected with genital herpes, **you are infected for life**. Eating well, exercising and lots of rest will keep your immune system strong and may prevent new outbreaks. Anti-viral medications can also be prescribed to reduce symptoms or reduce frequency of outbreaks.

How can I tell if I am infected?

Genital herpes is often diagnosed by the way the sores look. Since many other sores can look like herpes sores, a swab must be taken from the sore and tested for the virus. A swab is like a thin Q-tip for collecting body fluids. Blood can also be tested for antibodies to the virus.

What will happen when I go to get tested?

When you go to a doctor or nurse to get tested for sexually transmitted infections (STIs), give as many details as you can so you can get the best care possible. This is what will **probably** happen:

- Your genitals may be examined for sores, growths, swelling or discharge [stuff coming out of sores or pee hole].
- You will be asked for a urine [pee] sample.
- Swabs may be taken from the vagina [pussy], urethra [pee hole], mouth, throat, anus or rectum [inside/outside the ass].
- A blood sample may be taken to test for Hepatitis B and syphilis.
- You may be offered HIV testing (usually done separately).

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What about HIV?

HIV, the virus that causes AIDS, is also a sexually transmitted infection (STI). It is spread when infected blood, semen [cum] or vaginal fluid [pussy juice] gets into your blood. If you already have an STI such as chlamydia, gonorrhea, syphilis, herpes or genital warts, you may have broken skin, swelling or sores that make it much easier for HIV to get into your body.

Where can I go?

You can get tested for STIs, HIV and hepatitis or get free condoms at one of these drop-in teen clinics:

Klinic - 870 Portage - 784-4090

Every MON. from 4:30-8pm, except long weekends (20 and under only).

Website: www.klinic.mb.ca email: klinic@klinic.mb.ca

Women's Health Clinic - 419 Graham - 947-1517

Every THURS. from 3:30-8pm (19 and under only, boys welcome!).

Website: www.womenshealthclinic.org

Nor'West Coop - 103-61 Tyndall - 940-2020

Every WED. from 4-5:30pm, (19 and under only).

Website: www.norwesthealth.ca email: info@norwesthealth.ca

Mount Carmel Clinic - 886 Main - 582-2311

Every SAT. from 12-4 pm, except long weekends (19 and under only).

Website: www.mountcarmel.ca

Nine Circles Clinic - 705 Broadway - 940-6001

Every WED. from 1-7 pm (No age limit).

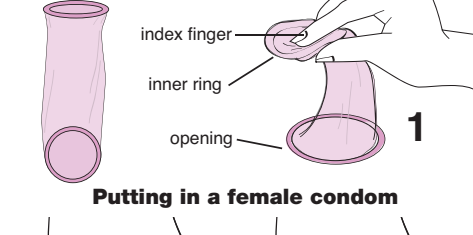
Website: www.ninecircles.ca

There are several other teen clinics available on a drop-in basis or by appointment, both inside and outside Winnipeg. Go to www.serc.mb.ca/SERC/GE/WA for a complete listing of locations and times.

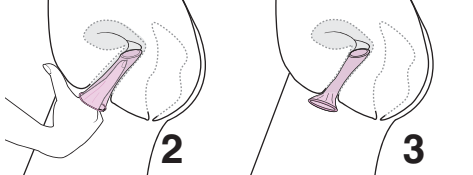


Using Condoms & Safer Sex

Condoms prevent bacteria and viruses from spreading.

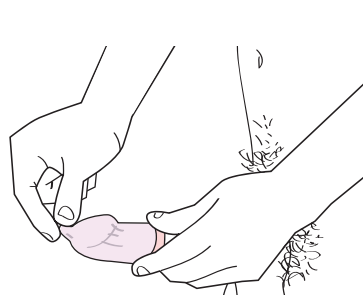


Putting in a female condom



The **FEMALE CONDOM** can be put in up to 8 hours before sex. It has two rings - one at the opening and a loose inner ring that fits over the cervix. Squeeze the inner ring and push into the vagina [pussy] with your index finger. It can also be used anally [up the ass].

A **MALE CONDOM** is rolled on to the erect penis [dick]. Pinch the tip to leave a space for semen [cum]. Don't use oil-based lube (such as baby oil, vaseline or hand lotion). Oil breaks male condoms, but is safe for female condoms.



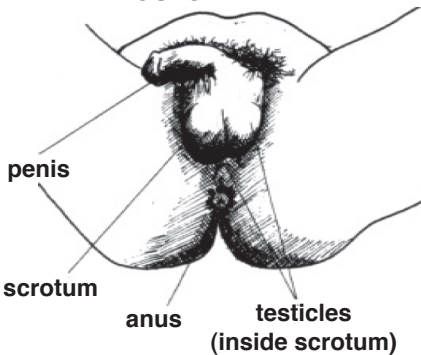
Putting on a condom

Using condoms is often called **SAFER SEX**. Besides using condoms, safer sex can mean kissing, licking, sucking, masturbating, rubbing or any sex that reduces the exchange of body fluids. **Safer sex is NOT risk-free, but having safer sex can reduce your risk.**

Let's Have a Look... The Male Sex

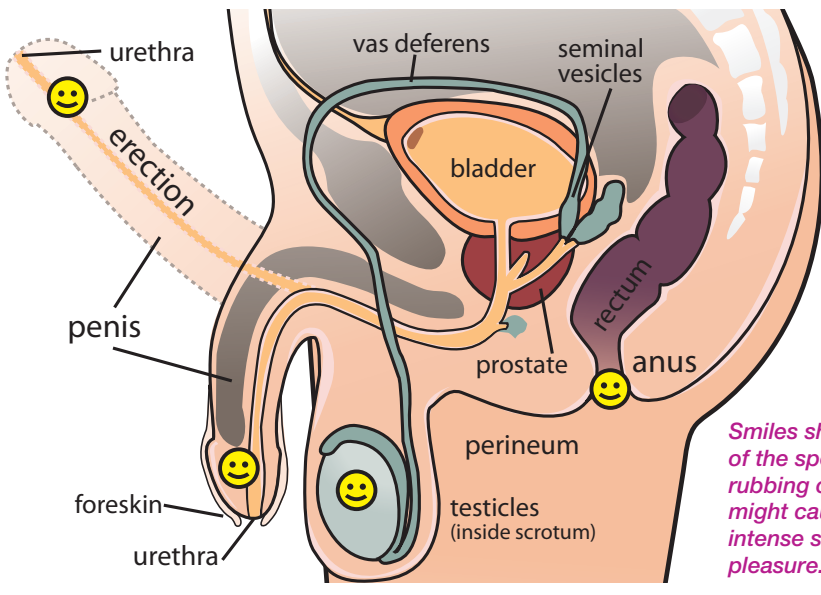
The testicles make sperm, which go up vas deferens. Sperm mixes with semen made by seminal vesicles and prostate, and exits the urethra during orgasm.

OUTSIDE VIEW



Other Facts:

- **Urethra** is the tube that pee and semen [cum] comes out of.
- **Perineum** is the skin between the scrotum and the anus.
- **Foreskin** is sometimes removed by circumcision.

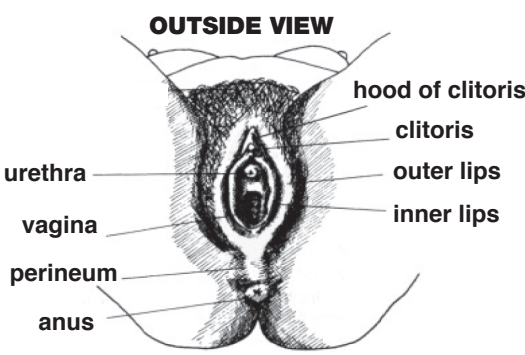


Smiles show some of the spots where rubbing or licking might cause intense sexual pleasure.

Let's Have a Look... The Female Sex

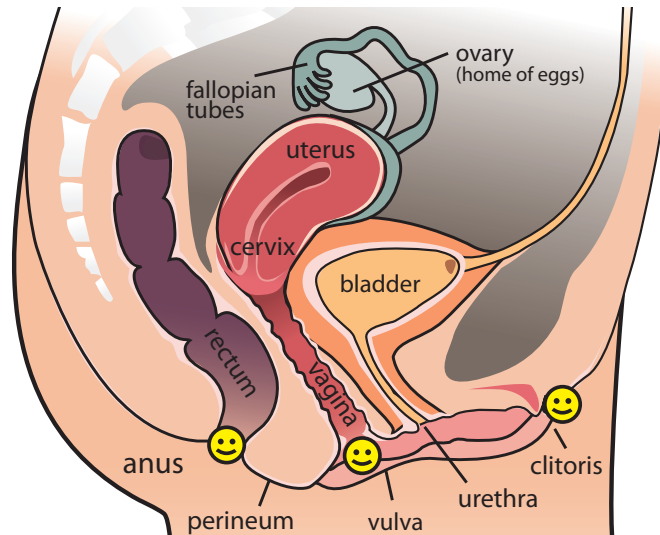
Once a month, an **ovary** releases an egg, which goes down a **fallopian tube** to the **uterus**. If the egg is not fertilized by a sperm, the lining of the uterus is released about once every 28 days (called "menstrual blood"). This blood flows from the cervix and then through the vagina.

OUTSIDE VIEW



Other Facts:

- **Urethra** is the tube that pee comes out of.
- **Perineum** is the skin between the vulva and the anus.



Smiles show some of the spots where rubbing or licking might cause intense sexual pleasure.

Living with Herpes

Be careful not to spread the virus to other parts of your body. Keeping the sores clean and dry and wearing loose clothes and cotton underwear will help them to heal more quickly. Because it is a **life-long infection**, people with herpes can experience strong emotional stress, loneliness and depression. People may be afraid of spreading the virus to a sex partner, or fear rejection if they tell their sex partner they have herpes. **Good education and counselling is important** so individuals can learn to prevent outbreaks from happening and also to manage outbreaks to prevent spread to others.

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Sex & Prevention

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Call SERC at (204) 982-7800 for copies or for more info.

Questions Anyone?

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Web:

Public Health STI Line:
940-2200
Health Links (Winnipeg):
788-8200
Outside Winnipeg:
1-888-315-9257

www.serc.mb.ca
Or send your question to
thefactsoflife@serc.mb.ca
Your question will be
answered confidentially
within 2 working days.