

Human Herpes Virus Type 1

This is more commonly known as Herpes simplex virus type 1 (HSV-1).

- It is responsible for common fever blisters and cold sores.
- The virus can enter your body through a tiny break in the skin, if you come into contact with someone's active sore.
- This virus remains in the body once an individual is infected throughout their life.
- The lesions are very contagious.
- There is no cure for Herpes.
- By age 50, 80 to 90% of people have the virus.
- Not everyone who is infected with the virus will develop symptoms.
- Some never do.

To avoid spreading the virus

The infection is very contagious until the blisters or sores dry.

- Do not be intimate with others.
- Do not kiss, share drinks, eating utensils or any object that comes into contact with the cold sore/fever blister with another individual.
- Avoid sharing personal items, like toothbrushes, soap and towels.
- Refrain from participating in contact sports like wrestling and basketball until your infection goes away.

Prevention

- Wear sunscreens
- Avoid being intimate with anyone who has blisters or cold sores or whom you suspect may have an active infection until the blisters or cold sores dry

Revised August 2011

UNIVERSITY HEALTH SERVICES
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Cold Sores And Fever Blisters



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Cold Sores (Fever blisters) What are they?

- A red swollen bump near the face, mouth, or nose is usually the first sign of an active virus.
- Often the bump burns, stings, tingles, itches, or hurts as it develops into one of several cold sores or blisters.
- Some people feel sick or lack energy, have a sore throat, swollen neck glands, a headache, or flu type symptoms with general aches.
- Small blisters form, break, and ooze a clear fluid.
- Scabs form, then slough off to uncover pink healing skin.
- The sores can last about 1-2 weeks and then often recur in the same spot again and again.
- People who have had one bout with the virus will recognize the early warning signs, if it comes back. They will feel the burning or stinging or itching where they had blisters or cold sores before.

What causes the Virus to become active?



Any infection, such as a cold, can prompt the virus to show itself.

It is easier for the virus to become active when your immune system (your body's natural defense) is weakened by another illness.

- Trauma, such as a scrape or cut
- Emotional stress
- Sun exposure
- Some women experience active fever blisters only during their menstrual cycle.
- Some scientific evidence indicates the herpes virus is inherited.

TREATMENTS

A drug taken orally called acyclovir and other antiviral medicines are the recommended treatment for herpes.

These require a prescription available only from a physician. Once the blister develops though, an antiviral prescription does not help.



Self care tips for Treatment

- Vaseline[®] petroleum jelly can prevent cracking and drying.
- Prevention Mouth Rinse[®] applied to the area that is burning or tingling, several times a day, using cotton Q-tips, gauze or cotton balls.
- Blistex[®] or Camphophenique[®] applied to the area can speed drying and ease pain.