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# Herpes Simplex Virus 2

Patient name: \_\_\_\_\_ Admission: \_\_\_\_\_

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- I. **The client/caregiver can define herpes genitalis.**
  - A. Is a sexually transmitted disease caused by herpes simplex viruses.
  - B. It is recognized as a chronic, lifelong infection.
  - C. Herpes simplex viruses have two types: HSV-1 and HSV-2.
  - D. Most genital herpes is caused by HSV-2.
  - E. HSV-1 can cause genital herpes, but it more commonly causes infections of the mouth and lips. HSV-1 infections of genitals can be caused by oral–genital or genital–genital contact with a person infected with HSV-1.
  - F. The infection can stay in the body indefinitely.
  
- II. **The client/caregiver can recognize signs and symptoms of genital herpes.**
  - A. Symptoms can range from none to various types.
  - B. Early symptoms include the following:
    - Burning sensation in the genitals
    - Low-back pain
    - Flu-like symptoms
    - Symptoms that appear with 2 to 20 days after exposure
  - C. Secondary symptoms
    - Small, red bumps appear.
    - They develop into painful vesicle or blisters.
    - Then they crust over, scab, and heal.
    - The virus remains in body and episodes of active disease can recur.
  
- III. **The client/caregiver can list measures to treat and manage genital herpes.**
  - A. There is no treatment to cure herpes, but the use of antiviral medications can shorten and prevent outbreaks.

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- B. Persons with herpes should abstain from sexual activity when lesions or other symptoms are present.
- C. Sex partners of infected persons should be advised that they may become infected. Sex partners can seek testing to determine whether they are infected.
- D. Even if a person does not have any symptoms, they can still infect sex partners.
- E. During an outbreak
  - 1. Keep affected areas clean and avoid touching lesions.
  - 2. Wash hands after contact with lesions to prevent spread.
  
- IV. **The client/caregiver can list complications of genital herpes.**
  - A. They can cause recurrent painful genital sores.
  - B. They can cause psychological distress.
  - C. Genital HSV can cause potentially fatal infections in babies.
  - D. There can be a spread of virus to lips, fingers, or breasts.

**RESOURCES**

Support groups

Counseling

National Herpes Resource Center  
[www.ashastd.org/hrc/](http://www.ashastd.org/hrc/)  
 E-mail: herpesnet@ashastd.org

Healthy People 2010  
[www.health.gov/healthypeople](http://www.health.gov/healthypeople)

Centers for Disease Control and Prevention  
[www.cdc.gov/std/](http://www.cdc.gov/std/)

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