

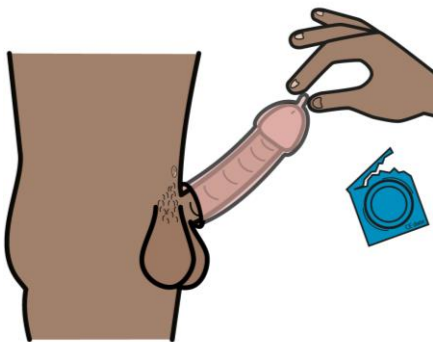
How will I know if I have Herpes?

sex



Herpes is a virus which one person can give to another through sex, skin to skin and oral contact with an infected person. It is always better if you have protected sex.

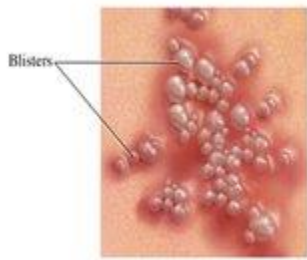
condom



Unprotected sex is when you don't wear a condom on your penis.

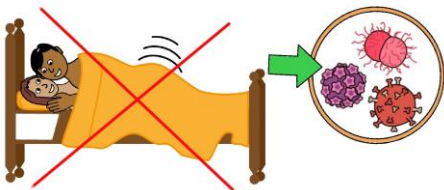


Men and women can get Chlamydia if you have unprotected sex.



Herpes looks like blisters, small cuts or spots. It can be very itchy.

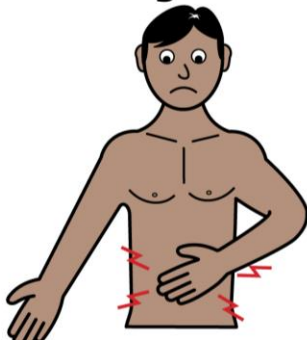
Try not to scratch. You should not have sex while you have this.



You should not have sex while you have herpes.

To avoid spreading the infection.

tummy ache



Some people with Herpes can have a pain in your groin or lower tummy. Some people may feel unwell.



Or pain when peeing.

Pouring cool water over your genitals while you wee can help. You should try to drink more water it can help.

jogging bottoms



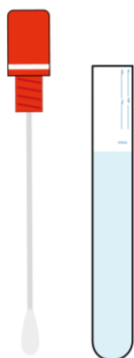
Wearing loose trousers will help.

question



At the surgery or clinic, The Dr's or Nurse will ask you some questions. You can also ask them questions if you have any.

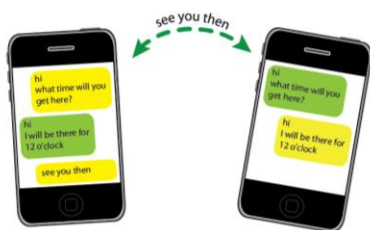
swab



To find out if you have Herpes, we will need to swab any sores or blisters you may have.

What happens if I have Herpes?

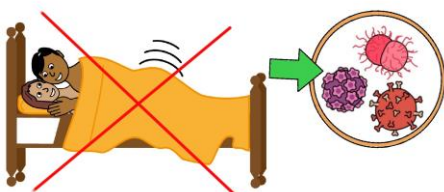
text



You will receive a text or a phone call to inform you of your results.

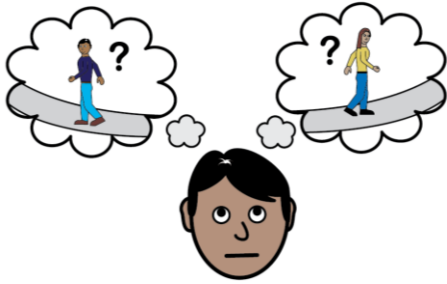


If herpes is found in your swab you will be given some treatment. This will help you feel better. Sometimes you may have treatment on the day.



You should not have any sex while you are taking treatment. To avoid spreading the infection.

who did I go with



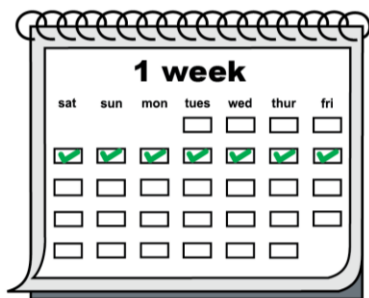
It is important that we know who else you have had sex with.

They may need us to help them too.



If you get a new partner, you will need to inform them. Some people might find this difficult.

1 week



After a week or so the Dr or Nurse will call you to see if your symptoms have gone. We may ask you to take the test again to make sure it has completely gone.



You may get herpes again. It is important to get some medication if you get another outbreak and not have sex until it has gone.

How to book an appointment



Scan the QR code to make a booking online.

website



Visit:

www.berkshirehealthcare.nhs.uk/sh

phone



Call 0300 365 7777 Option 1 for Appointments Line.

Lines are open:
Monday to Friday from 10am – 2pm
Wednesdays 10am – 1pm.