

What if I have it?

Herpes can be a sore on the mouth, nose or genitals. Symptoms start with an itch, then quickly develops into painful blisters and then ulcers (sores). If someone touches these sores they can get herpes too. Sometimes, herpes can be passed on during sex even when you can't see or feel any sores.

People you have sex with

If you have herpes, it's good to let your sexual partners know. Herpes is manageable and there is medication you can take to stop sores from coming back and reduce the chance of your partners catching it. Condoms help to prevent the spread of herpes but they don't always work because herpes sores can be on skin that is not covered by a condom.

If you think you have herpes, don't have sex until the sores heal up. When you have herpes sores, you are more at risk of other STIs, so it's better to wait till the sores go away before having sex again.

What if I don't know I've got it?

Herpes is really common (a lot of people have it). If you get sores or itchy areas on your genitals you should come to the clinic and get a test.

Where to get help

All the services listed will give you private help and are free:

Aurukun Primary Health Care Centre Ph: (07) 4060 6133	Malakoola Primary Health Care Centre Napranum Ph: (07) 4069 7459
Bamaga Sexual Health Clinic Ph: (07) 4090 4219	Mamu Health Service Innisfail Ph: (07) 4061 4477
Cairns Sexual Health Service Ph: (07) 4226 4769	Midin Clinic Atherton Ph: (07) 4091 6103
Coen Primary Health Care Centre Ph: (07) 4060 1166	Mt Isa District Sexual Health Service Ph: (07) 4744 4805
Gurriny Yealamucka Yarrabah Ph: (07) 4056 0100	Mulungu Aboriginal Medical Centre Mareeba Ph: (07) 4092 3428
Hope Vale Primary Health Care Centre Ph: (07) 4060 9171	Palm Island Sexual Health Service Ph: (07) 4752 5100
Injilinj Youth Health Mt Isa Ph: (07) 4749 5276	Pormpuraaw Primary Health Care Centre Ph: (07) 4060 4233
Kowanyama Primary Health Care Centre Ph: (07) 4060 5133	Thursday Island Men's and Women's Health Ph: (07) 4069 0413
Laura Primary Health Care Centre Ph: (07) 4060 3320	Townsville Aboriginal and Islander Health Services Ph: (07) 4759 4000
Lockhart River Primary Health Care Centre Ph: (07) 40607155	Townsville Sexual Health Service Ph: (07) 4778 9600
Mackay Aboriginal & Torres Strait Islander Community Controlled Health Service Ph: (07) 4957 9400	Weipa Sexual Health Program Ph: (07) 4082 3647
Mackay Sexual Health Service Ph: (07) 4968 3919	Wuchopperen Health Service Ph: (07) 4080 1000
Mapoon Primary Health Care Centre Ph: (07) 4090 9174	Wujul Wujul Primary Health Care Centre Ph: 4060 8239

CONTACT YOUR LOCAL HEALTH CENTRE
Please place Clinic Stamp/Address here:



HSV

Herpes Simplex Virus



Please do not litter

What is it?

An infection of the private parts is called a sexually transmissible infection (STI).

STIs are caused by germs getting inside when you have sex with someone with an STI.

You can get private help and treatment if you have an STI.

Herpes (say Her-pee-z)

Herpes can cause 'cold sores' on the mouth or the genitals (penis, outside of the vagina or around the anus (bum)).

How do you get it?

Sexual contact – oral, vaginal, or anal (bum) sex. More likely to be passed on by someone who has sores but can be passed on when there are no sores present. Condoms help but they don't always stop herpes from being passed on.

The future

If herpes is causing problems for you (sores keep coming back) there is good medication to stop the recurrences.

Go to the clinic for a check up and talk to a sexual health professional. For more information, a list of good places to go is on the back.

Having men's and women's health checks every year and using condoms and lube will keep you healthy and strong.



CONDOMS

Condoms stop STIs from spreading.

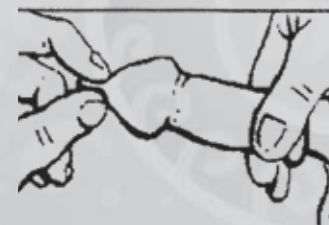
Here's how to use a condom:



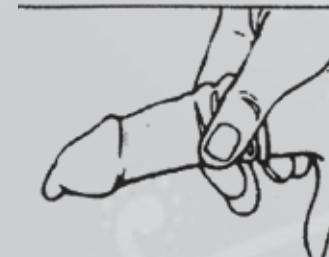
Check expiry date, check package is not damaged and open with care.



Pinch the tip so air doesn't get trapped.



Roll on when the penis is hard. Use water-based lubricant (lube).



When withdrawing hold the base of the condom so semen doesn't spill out.



Tie a knot and put it in the bin, not down the loo. It will block the pipes.