Reducing Your Risk of Genital Herpes

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En Español (Spanish Version)

Change Your Sexual Practices

- Abstain or refrain from sex.—This is the most certain way to avoid contracting genital herpes.
- Have a long-term mutually monogamous (only one exclusive sexual partner) with someone who does not have genital herpes.
- Always use a latex condom when you do have sex.—It is important to know that the virus can be found on the skin in areas that are not covered by a condom. So, even with protection, there is still a chance that you can contract the virus from others.
- Herpes simplex type 1 virus (HSV-1) causes cold sores (blisters around the mouth), which can also spread to the genital area. If you or your partner has a cold sore, avoid kissing or engaging in oral sex.
- If your partner has genital herpes, take special precautions. Learn as much as you can about the virus and ways to prevent being infected. Always use a latex condom when having sex. Avoid having sex if your partner has an outbreak. Keep in mind, though, that your partner can spread the virus even when he or she is not having an outbreak.
- If you are pregnant, take special precautions to avoid getting genital herpes. Avoid having sex with a partner who has genital herpes. Also avoid having oral sex with a partner who has cold sores.
- If you do have unprotected sex with someone who may have genital herpes, talk to your doctor. Tests can be done to find out if you have the virus.

REFERENCES:


