

A Positive HSV Result: You're Not Alone

Many people in the U.S. and across the world live with herpes.¹ If you have either type of HSV, you can live a normal life by following certain safety measures and taking medications.

While there is no cure for herpes, antiviral medications can prevent or shorten outbreaks.⁵ In addition, medication can reduce the likelihood of transmission to partners.⁵

⊕ **If you test positive:** Your healthcare provider can help you avoid additional complications. You will need to be very careful to avoid contracting HIV and other diseases that affect your immune system.⁵

⊕ **If you test positive and are pregnant or are considering becoming pregnant:** Regardless of if you have an active outbreak, tell your healthcare provider. With proper care, you can avoid transmitting HSV to your baby during birth with the aid of medication or through a “C-section” delivery.⁵



Get Informed: Protect Yourself from HSV

While there are ways to reduce your chances of getting herpes and other STIs, the only surefire way to protect yourself from infection is to not have vaginal, anal, or oral sex.⁵

You can also reduce your risk of getting herpes by:

- ▶ Using latex condoms during sex.⁵
- ▶ Being in a long-term mutually monogamous relationship with a partner who does not have HSV-1.⁵

If you have herpes, your healthcare provider can give you medication to reduce how often you have outbreaks and reduce your chance of giving it to others.⁵

Visit **HologicWomensHealth.com** for more information

References:

1. WHO. Herpes Fact Sheet. <https://www.who.int/news-room/fact-sheets/detail/herpes-simplex-virus>. Accessed April 12, 2024. 2. CDC. Sexually Transmitted Infections Treatment Guidelines 2021. Genital Herpes. Last Reviewed September 21, 2022. Accessed April 12, 2024. <https://www.cdc.gov/std/treatmentguidelines/herpes.htm#:~:text=Routine%20HSV%2D2%20serologic%20screening,suspected%20of%20having%20genital%20herpes.> 3. NCHS Data Brief No. 34. Prevalence of Herpes Simplex Virus Type 1 and Type 2 in Persons Aged 14–49: United States, 2015–2016. Reviewed February 2018. Accessed April 12, 2024. <https://www.cdc.gov/nchs/data/databriefs/db304.pdf>. 4. MedScape. Genital Herpes in Pregnancy. Last Reviewed Accessed Oct 15, 2020, April 12, 2024. <https://emedicine.medscape.com/article/274874-overview>. 5. CDC. Genital Herpes-CDC Fact Sheet (Detailed). <https://www.cdc.gov/std/herpes/stdfact-herpes.htm>. Last reviewed January 3, 2022. Accessed April 17, 2024. 6. American Sexual Health Association. Emotional Issues with Herpes. Accessed April 17, 2024. <https://www.ashsexualhealth.org/emotional-issues/> 7. Freeman EE. Herpes simplex virus 2 infection increases HIV acquisition in men and women: systematic review and meta-analysis of longitudinal studies. AIDS. 2006;20(1):73-83. 8. CDC. Genital Herpes Screening-FAQ. Last reviewed July 11, 2022. Accessed April 17, 2024. <https://www.cdc.gov/std/herpes/screening.htm> 9. Mount Sinal. Serum herpes simplex antibodies. Accessed April 17, 2024. <https://www.mountsinal.org/health-library/tests/serum-herpes-simplex-antibodies#:~:text=The%20test%20is%20done%20to,such%20as%20the%20herpes%20virus.>

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Diagnosing, managing and preventing the spread of HSV infection.

Herpes Simplex Virus (HSV) Infection Testing

Introduction to Herpes Simplex Virus

Herpes Simplex Virus (HSV), also known as herpes, is a common sexually transmitted infection (STI) that affects people around the world.¹

Types of HSV

There are 2 'types' of HSV: HSV-1 and HSV-2. HSV-1 is commonly known for causing cold sores, although genital HSV-1 infections are on the rise.² HSV-2 is almost entirely sexually transmitted and causes genital herpes.²

- ▶ In the U.S., approximately 1 in 9 individuals have been infected with HSV-2, although some do not develop any symptoms.³
- ▶ Each year 1.6 million new HSV-2 cases are diagnosed.⁴
- ▶ Approximately 22% of pregnant women are infected with HSV-2.⁴

Herpes Outbreaks⁴

Herpes is a lifelong infection that causes outbreaks of blisters around the genitals, rectum, or mouth. It has no cure, but treatment can help control how severe outbreaks are and how often they occur. Genital herpes is spread through contact with the genital, anal, or oral areas of an infected person's skin or fluids.



The Effects of HSV Infection^{5,6}

Herpes diagnosis affects people in many ways. If you test positive, you can experience pain and discomfort during outbreaks. Patients may also experience anger, depression, or stress related to an HSV infection. There are other health concerns to consider, as well.

Potential Complications Related to Pregnancy

- ▶ Risk of passing infections from a mother to her baby during birth.⁴
- ▶ Infants born to women who acquire herpes close to time of delivery have an increased risk of neonatal herpes.²
- ▶ Women should abstain from intercourse during the third trimester with partners who have a known or suspected HSV infection.²

Other Risks Specific to HSV-2 Infection

- ▶ Repeat outbreaks are more common with HSV-2 than HSV-1.⁵
- ▶ Patients with an HSV-2 infection have a 3 times higher risk of getting HIV.⁷

Could it be Herpes?

There are different tests available to detect HSV. The type of testing you receive depends upon whether you currently have symptoms.²

Do you have blister-like sores around your genitals, mouth or rectum?

YES⁸

Healthcare providers test a sample to quickly and accurately determine if HSV is present and whether it is HSV-1 or HSV-2.

NO⁹

Healthcare providers may order a blood test to detect the presence of HSV antibodies if no symptoms are present.

If you have blister-like sores or think you may have been exposed, it is important to discuss with your healthcare provider. Your healthcare provider can determine which testing should be done.