

Where can you find us?

We are here to support you in everything related to HIV, your wellbeing, and your quality of life.

Don't hesitate to contact us if you need any help or information - **we are here for you!**

Pre-arranged attention:

C/ Gandía 1, local 9A (coworking Freeland)

Nearest metro stations:

Pacífico (L1& L6) y Puente de Vallecas (L1)

Contact for information:

Tel. (+34) 683 28 03 12

e-mail: madrid@gtt-vih.org

Contact for legal assistance:

Tel. (+34) 659 11 02 07

e-mail: legal@gtt-vih.org

Follow us on our social media:

 @gTtVIH
@infodrogasvih

 [gtt.vih](https://www.facebook.com/gtt.vih)
 [@gtt_vih](https://www.instagram.com/gtt_vih)

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 **gtt** grupo de
trabajo sobre
tratamientos del VIH
ENTIDAD DECLARADA DE
UTILIDAD PÚBLICA
ONG DE DESARROLLO
www.gtt-vih.org

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ENGLISH



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Herpes simplex

What are the symptoms?

- **Painful blisters or sores in the mouth or genital area.** Less commonly, sores may appear around the anus, buttocks, or upper thighs.
- **Itching, tingling, or burning sensation** in the area where the blisters will appear.
- **The blisters then burst**, usually **leaving sores** that heal gradually without scarring.
- Sometimes, **you may feel feverish or have body aches.**

Genital herpes usually consists of outbreaks or episodes, interspersed with symptom-free periods.

How is it transmitted?

It is transmitted **through skin-to-skin contact** during vaginal, oral, or anal sex, especially when there are sores or blisters.

It is important to know that **transmission can also occur when there are no visible symptoms**, although the risk is lower.

Herpes simplex is a virus that is transmitted through sexual contact. The infection cannot be cured, but outbreaks and symptoms can be controlled.



How is it diagnosed?

A healthcare professional can identify the herpes virus based on the appearance of the lesions (sores or blisters). **A sample may be taken from the affected area for an accurate diagnosis.**



How is it treated?

There is no treatment to cure herpes. However, there are medications that can reduce the frequency and severity of outbreaks and symptoms.

There are creams or patches that can speed up the healing of sores.



How is it prevented?

Condoms reduce the risk of transmission, but they do not completely eliminate skin-to-skin contact.



Avoid sexual contact if you have symptoms or sores or blisters.