

Herpes:

A Patient's Guide



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Introduction

Herpes is a very common infection that is passed through skin-to-skin contact. Canadian studies have estimated that up to 89% of Canadians have been exposed to herpes simplex type 1 (HSV-1), which usually shows up as cold sores on the mouth. In a British Columbia study, about 13% of people tested positive for herpes simplex type 2 (HSV-2), which is the type of herpes most commonly thought of as genital herpes. Recently, HSV-1 has been showing up more and more on the genitals. Some people can have both types of herpes. Most people have such minor symptoms that they don't even know they have herpes.

While herpes is very common, it also carries a lot of stigma. This stigma can lead to anxiety, fear and misinformation about herpes.

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