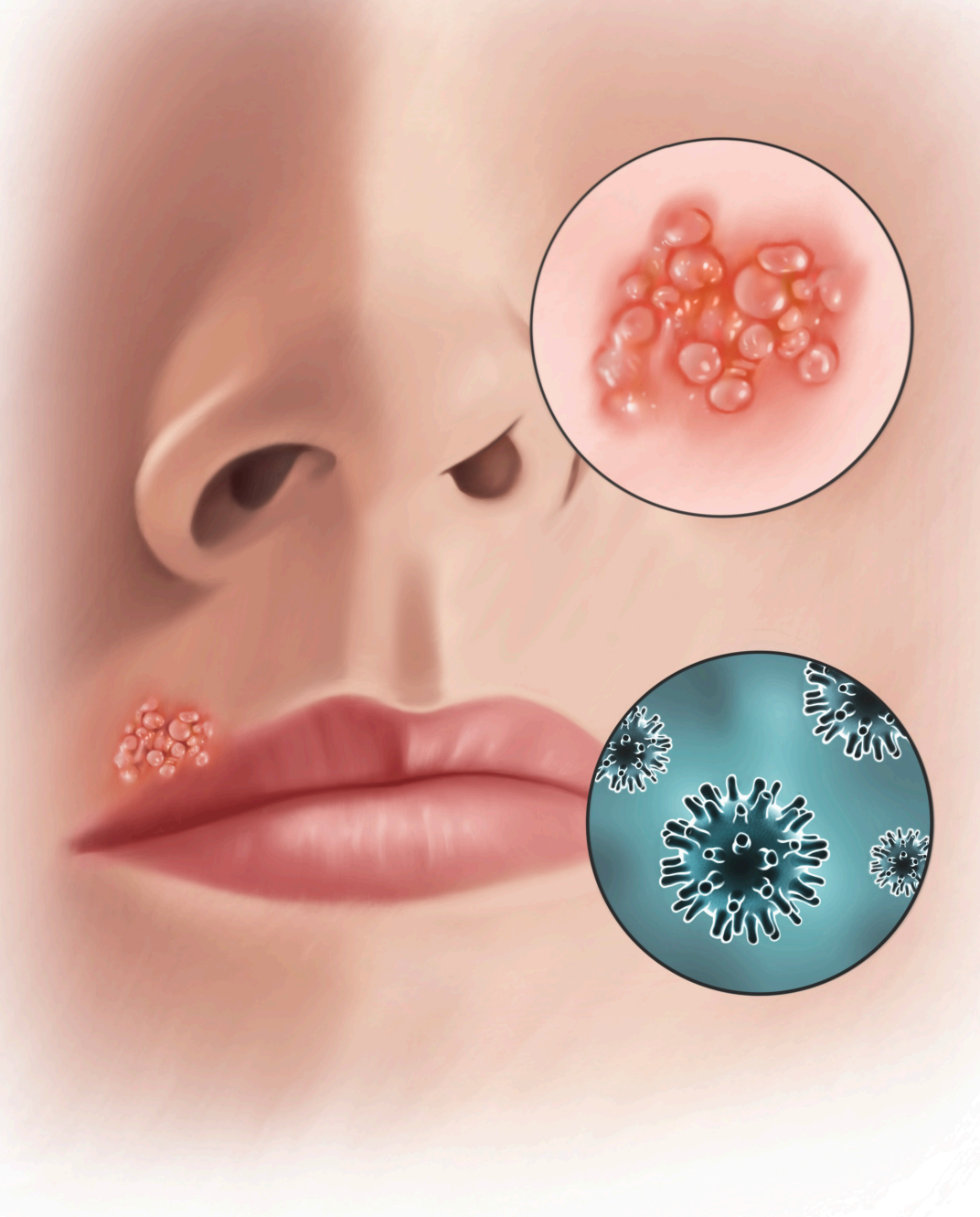
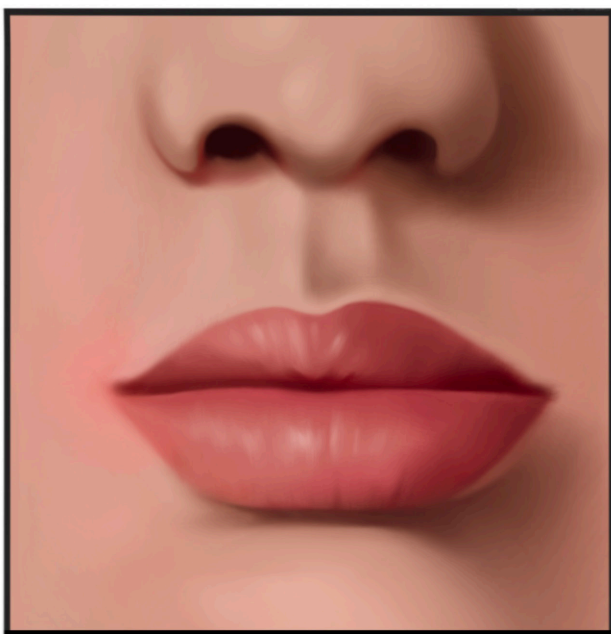


Cold Sores

Cold sores are a common symptom of the herpes simplex virus type 1 and type 2, a very contagious viral infection. An estimated 3.7 billion people under the age of 50 have herpes simplex virus type-1 (HSV-1), while only an estimated 490 million people aged 15-49 have herpes simplex virus type-2 (HSV-2). HSV-1 & 2 can increase the risk of other health issues in infants and people that have HIV/AIDs, cancer, or have received an organ transplant, but, for most teenagers and adults who are infected, cold sores are the most common symptom. There is currently no cure for cold sores or HSV-1 & 2, but there are ways to treat and prevent the spread of the infection.

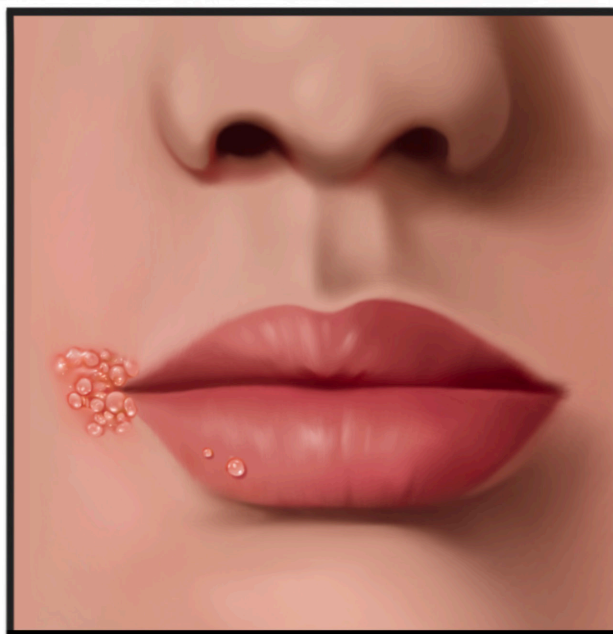


What does getting a Cold Sore look like?



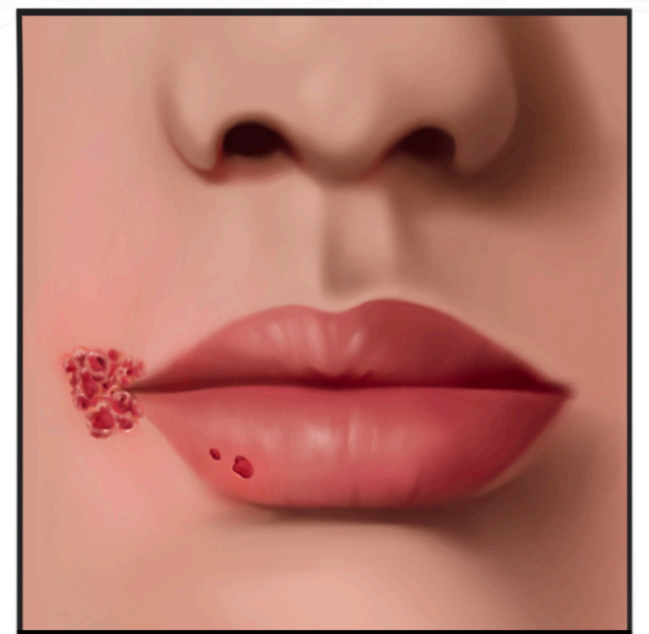
Stage 1

Redness, swelling, and itching on the mouth or on the lips.



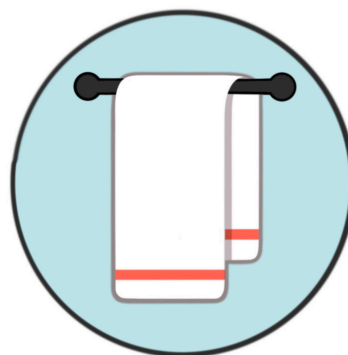
Stage 2

Painful blisters (fluid-filled bumps) form around or in the mouth.



Stage 3

Painful ulcers (open blisters) form in or around the mouth.



How can you Prevent Cold Sores?

- Avoid close contact with people who have cold sores.
- Wash your hands regularly to avoid contact with others saliva.
- Staying healthy and getting proper sleep
- Using lip balm with protection can help prevent cold sore outbreaks



How can you Treat Cold Sores?

- over-the-counter pain medicines and sucking popsicles can help mild symptoms
- Antiviral medicines like acyclovir, famciclovir, and valacyclovir
- medicines to help the pain like acetaminophen, naproxen, or ibuprofen
- numbing medicines like benzocaine