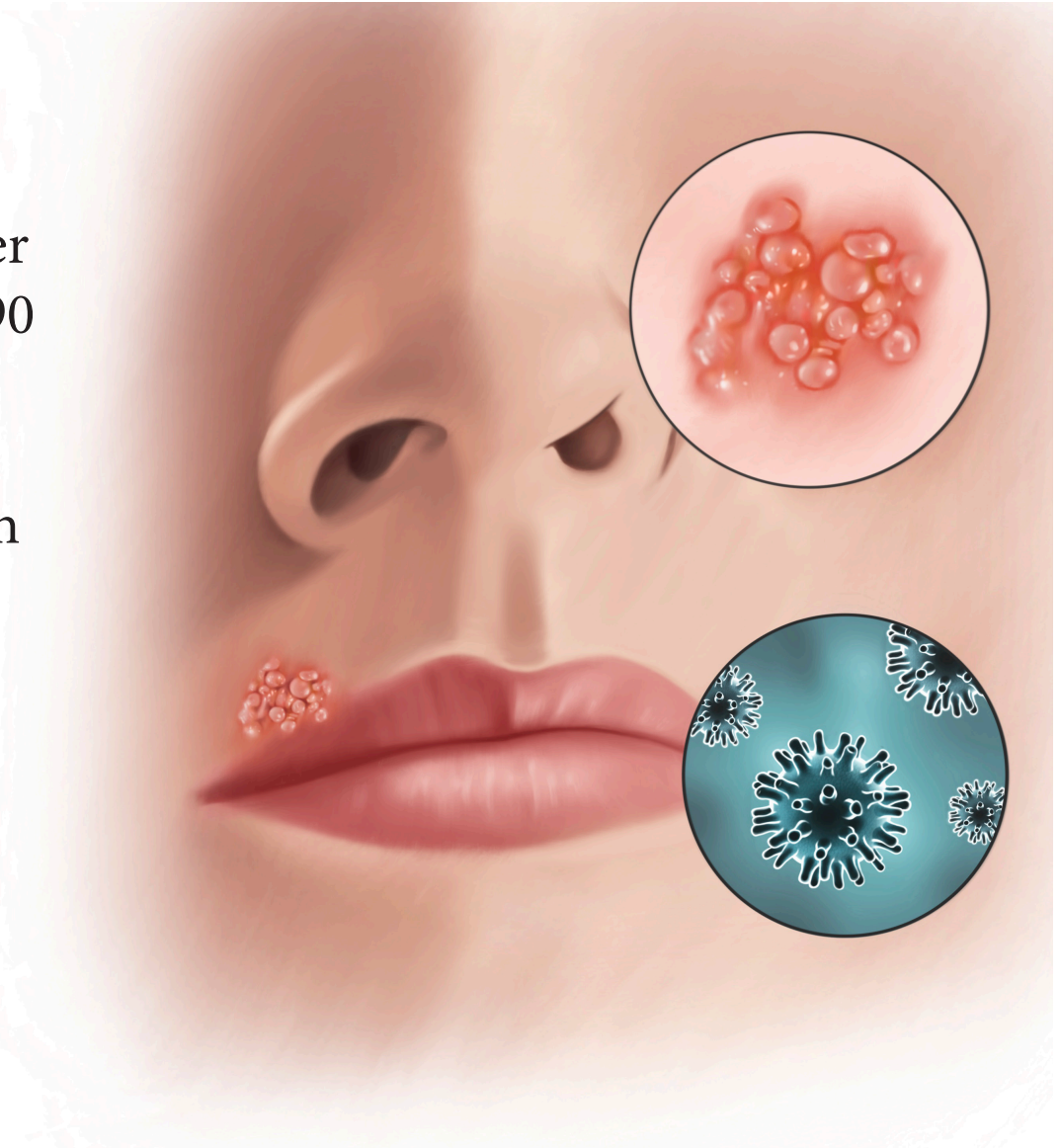


Cold Sores

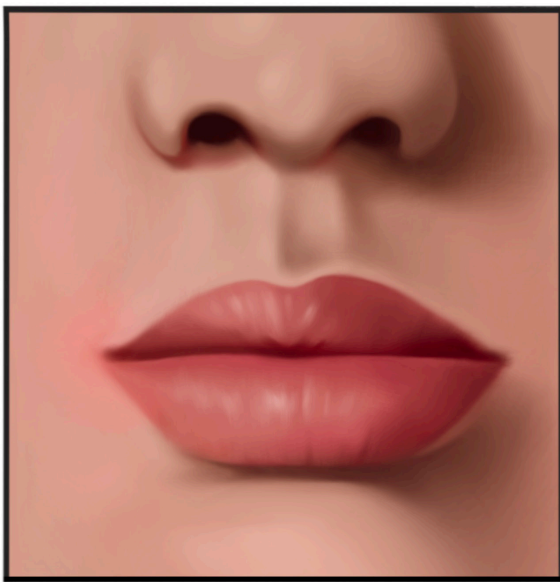
Cold sores are the most common symptom of the very contagious viral infections, herpes simplex virus type 1 (HSV-1) and type 2 (HSV-2). An estimated 3.7 billion people under the age of 50 have HSV-1, and an estimated 490 million people aged 15-49 have HSV-2.

HSV-1 & 2 can increase the risk of other health issues in infants and in people that have HIV/AIDS, cancer, or have received an organ transplant. If you commonly have cold sores, you should get tested for HSV-1 & 2.

There is currently no cure for cold sores or HSV-1 & 2, but there are treatments and ways to prevent its spread.

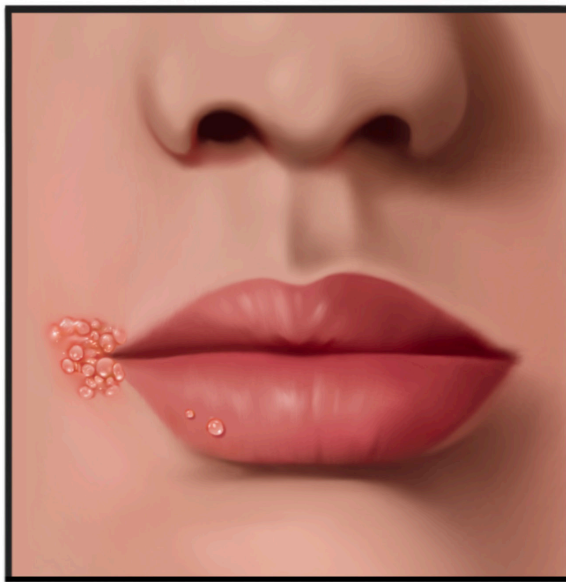


What Are The Stages of a Cold Sore?



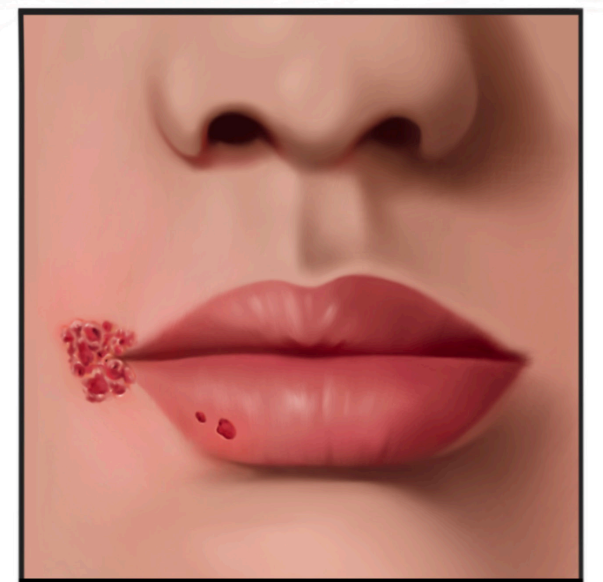
Stage 1

Itchy irritated areas of redness and swelling.



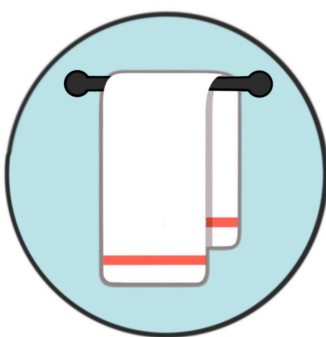
Stage 2

Irritated areas turn into blisters (fluid-filled bumps).



Stage 3

Blisters can turn into ulcers (open blisters).



How Can You Prevent Cold Sores?

- Avoid close contact with people who have cold sores
- Practice good sanitation and hygiene such as regularly washing your hands
- Reduce stress and be well-rested
- Use doctor-recommended lip balms that can keep your lips hydrated



How Can You Treat Cold Sores?

- Use pain medicines, numbing creams, or lip balms. After your cold sore clears, throw away any products used on or around your lips to prevent reinfection
- Ask your doctor, dermatologist, or dentist about an antiviral medication if your cold sore lasts more than 14 days