



COLD SORES

WHAT ARE COLD SORES?

COLD SORES ARE SMALL AND PAINFUL BLISTERS THAT CAN APPEAR AROUND THE MOUTH, FACE, OR NOSE. THEY ARE SOMETIMES CALLED FEVER BLISTERS.

WHAT CAUSES COLD SORES?

COLD SORES ARE CAUSED BY THE HERPES SIMPLEX VIRUS TYPE 1.

HOW ARE COLD SORES SPREAD?

COLD SORES ARE USUALLY SPREAD BY EATING OR DRINKING FROM THE SAME UTENSILS AS SOMEONE WHO IS INFECTED WITH THE HERPES VIRUS OR BY GETTING KISSED BY AN INFECTED ADULT.

WHAT ARE THE SYMPTOMS OF COLD SORES?

COLD SORES FIRST FORM BLISTERS ON THE LIPS AND INSIDE THE MOUTH. THE BLISTERS THEN BECOME SORES. SOMETIMES THE VIRUS LEADS TO A FEVER, MUSCLE ACHES, AND A GENERALLY ILL FEELING LASTING UP TO TWO WEEKS. AFTER THE FIRST INFECTION, THE VIRUS STAYS HIDDEN IN THE BODY WITHOUT CAUSING SYMPTOMS. THE VIRUS THEN REACTIVATES LATER, CAUSING THE BLISTER TO REAPPEAR.

WHEN AND FOR HOW LONG IS A PERSON ABLE TO SPREAD COLD SORES?

BECAUSE THERE IS NO CURE FOR COLD SORES, ONCE SOMEONE IS INFECTED WITH THE VIRUS, IT STAYS IN THEIR BODY FOREVER. WHILE A PERSON HAS SYMPTOMS THEY CAN SPREAD IT TO OTHERS.

WHAT IS THE TREATMENT FOR COLD SORES?

COLD SORES USUALLY GO AWAY ON THEIR OWN AFTER 5 TO 7 DAYS. NO MEDICATIONS GET RID OF THE VIRUS, BUT SOME ARE GIVEN TO MAKE THE SORE LESS PAINFUL AND HEAL FASTER.

ARE THERE COMPLICATIONS WITH COLD SORES?

THOUGH RARE, A COMPLICATION OF A HERPES SIMPLEX INFECTION OF THE EYE IS SCARRING OF THE CORNEA OR BLINDNESS. ALSO, PEOPLE WITH WEAK IMMUNE SYSTEMS CAN GET MORE SEVERE INFECTIONS THAT TAKE LONGER TO CLEAR UP.

WHAT CAN BE DONE TO PREVENT THE SPREAD OF COLD SORES?

THE BEST WAY TO PREVENT **Cold Sores** IS TO AVOID GETTING THEM IN THE FIRST PLACE. WHEN AROUND SOMEONE WITH **Cold Sores**, BE SURE TO WASH YOUR HANDS AND TO AVOID TOUCHING YOUR FACE. YOU SHOULD ALSO AVOID SHARING UTENSILS, TOWELS, AND CUPS WITH A PERSON WITH **cold sores**