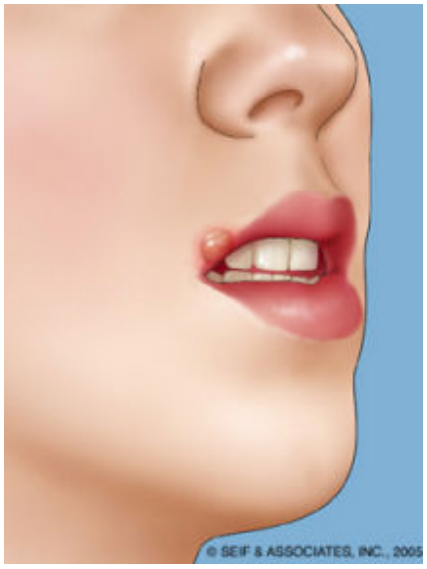
Fever Blister / Cold Sores
(Herpes Simplex Virus)

You have the herpes simplex virus. This causes fever blisters or cold sores. Fever blisters are small sores on the lips, gums or roof of the mouth. People often get infected with this herpes virus but do not have any *symptoms* (problems). The blisters may break out when a person is tired, run down, under stress, has another infection (such as a cold), or is exposed to sunlight. The blisters usually heal within a week. The virus can be easily passed to other people and to other parts of the body, such as the eyes and sex organs.



HOME CARE INSTRUCTIONS

- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver. **DO NOT** use aspirin.
- Do not touch the blisters or pick the scabs. Wash your hands often. Do not touch your eyes without washing your hands first.
- Avoid close contact with other people, especially kissing until blisters heal.
- Hot, cold, or salty foods may hurt your mouth. Use a straw to drink. Eating a well-balanced diet will help healing.

SEEK MEDICAL CARE IF:

- Your eye feels irritated, painful, or you feel like you have something in your eye.
- You develop a fever, feel achy, or see pus instead of clear fluid in the sores. These are signs of a *bacterial* (germ) infection.
- You get blisters on your genitals.
- You develop new unexplained symptoms.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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