

Herpes Testing Info

Herpes is not tested for during a standard STD panel, the CDC does not recommend testing without any symptoms. There are 4 types of herpes testing that you can get, the swab test, the IgM Blood Test, the IgG Blood Test, and the Western Blot. This document will go into exploring the best test for your situation and how to interpret the results. Your best course of action is to be honest with your doctor about your exposure concern, your symptoms and your sexual habits and have them give you the test they best see fit. It is important to get retested if the dr recommends it as false negatives do occur often being the timeline for testing is different per individual.

NOTE HERPES IS NOT TESTED FOR IN URINE, DURING A PAP SMEAR, ON STANDARD ANNUAL BLOOD LABS OR IF YOU DONATE BLOOD

These are videos that give a brief overview of the blood tests:

<https://photos.app.goo.gl/4GJHsDWftxTBmZyf8>

Testing Guide Overview AI PodCast:

This is an **AI generated podcast** that analyzes this document to make a comprehensive audio overview. Unfortunately I cannot upload audio alone so I made it into a video. <https://youtu.be/z5QqM0S--W8?si=IswLb1TIQXuZcB8G>

Reading You Results:

All the text boxes say the same thing; these are just different formats the IGG test uses. If you have a different version and want to send it to me to add to this document or to help you interpret the results (**WITH YOUR MEDICAL INFORMATION BLOCKED OUT**) DM me on instagram at Bubblieinblu, or Reddit at Mylovelydylumps69.

Key words:

1. **Value:** is a measure of the antibodies in your blood. This number can change daily depending on when your last outbreak, or asymptomatic viral shed. Do not be alarmed if this number is high.
2. **Negative:** any value under 0.91
3. **Standard Range:** is another way of saying negative. This is the range that people fall in when they do not have herpes (0.00-0.91)

- 4. **Equivocal:** If your number falls between these numbers it means that it is an inconclusive test & you need to be retested in 6 additional weeks.
- 5. **Positive:** any value number over 1.09

HSV 1 & 2 AB (IGG)
Ordered by [REDACTED] MD
Collected on 10/23/15 (blood)
Resulted on 10/24/15

RESULT VALUES

HSV I IGG, TYPE SPEC index
Value 55.40
Standard Range 0.00 - 0.90 index
Negative <0.91
Equivocal 0.91 - 1.09
Positive >1.09

Note: Negative indicates no antibodies detected to
may sugg
ate, retes
ies detect

This value is a measure of the antibodies in your blood. This number can change daily depending on when your last outbreak, or asymptomatic viral shed. Do not be alarmed if this number is high.

If your number falls between these numbers it means that it is an inconclusive test & you need to be retested in 6 additional weeks.

This chart helps you understand what that index number means. If the # in Box 1 is higher than 1.09 it is positive. If it is in-between 0.91-1.09 it means you should get retested in 6 weeks. If it is lower than 0.91 it is negative

Test Name	In Range	Out Of Range	Reference Range	Lab IG
HSV 1/2 IGG, TYPE SPECIFIC AB HERPESELECT				
HSV 1 IGG TYPE SPECIFIC AB	<0.90			
HSV 2 IGG TYPE SPECIFIC AB		>5.00 H		

Value	Interpretation
<0.90	Negative
0.90-1.10	Equivocal
>1.10	Positive

recombinant type-specific antigens from HSV-2 infections. A not distinguish between recent and past infection. If recent HSV infection is suspected but the results are negative or equivocal, the assay should be repeated in 4-6 weeks. The performance characteristics of the assay have not been established for pediatric populations, immunocompromised patients, or neonatal screening.

HSV 1/2 AB (IGM), IFA
W/RFL TO TITER
HSV 1 IGM SCREEN
HSV 2 IGM SCREEN
REFERENCE RANGE: NEGATIVE

NEGATIVE
NEGATIVE

Some tests have this at the bottom some do not.

This chart helps you understand what that index number means. If the # in Box 1 is higher than 1.09 it is positive. If it is in-between 0.91-1.09 it means you should get retested in 6 weeks. If it is lower than 0.91 it is negative

This value is a measure of the antibodies in your blood. This number can change daily depending on when your last outbreak, or asymptomatic viral shed. Do not be alarmed if this number is high.

If your number falls between these numbers you need to be retested in around 6 additional weeks.

PERFORMING SITE:
QUEST DIAGNOSTICS-IRVING, 4770 REGENT BLVD, IRVING, TX 75063 Laboratory Director: ROBERT L. BRICKENRIDGE, MD, CLIA: 45D0897943
FOCUS DIAGNOSTICS, 13608 ORTEGA HIGHWAY BLD B-WEST WING, SAN JUAN CAPISTRANO, CA 92675-2042 Laboratory Director: HOLLIS BATTERMAN, MD, CLIA: 05D0664251

Test Name	In Range	Out Of Range	Reference Range
HSV 1/2 IGG, TYPE SPECIFIC AB			
HSV 1 IGG, TYPE SPECIFIC AB		16.20 H	index
HSV 2 IGG, TYPE SPECIFIC AB		6.94 H	index

Index	Interpretation
<0.90	Negative
0.90-1.09	Equivocal
>1.09	Positive

recombinant type-specific antigens from HSV-2 infections. A not distinguish between recent and past infection. If recent HSV infection is suspected but the results are negative or equivocal, the assay should be repeated in 4-6 weeks. The performance characteristics of the assay have not been established for pediatric populations, immunocompromised patients, or neonatal screening.

This value is a measure of the antibodies in your blood. This number can change daily depending on when your last outbreak, or asymptomatic viral shed. Do not be alarmed if this number is high.

This chart helps you understand what that index number means. If the # in Box 1 is higher than 1.09 it is positive. If it is in-between 0.91-1.09 it means you should get retested in 6 weeks. If it is lower than 0.91 it is negative

If your number falls between these numbers you need to be retested in around 6 additional weeks.

X

Report

hsv-1 IgG antibody index

>8

Normal range: <0.89 (ai)

AI

Interpretation

<0.9

Negative

0.9 - 1.0

Equivocal

> or = 1.1

Positive

This value is a measure of the antibodies in your blood. This number can change daily depending on when your last outbreak, or asymptomatic viral shed. Do not be alarmed if this number is high.

This is the number the average person who does not have herpes gets. As you can see its under the negative range.

This chart helps you understand what that index number means. If the # in Box 1 is higher than 1.09 it is positive. If it is in-between 0.91-1.09 it means you should get retested in 6 weeks. If it is lower than 0.91 it is negative

If your number falls between these numbers it means that it is an inconclusive test & you need to be retested in 6 additional weeks.

HSV 1 IgG, Type Spec Above High Normal >62.20 0.00-0.90 / index

Page 1 of 2

This value is a measure of the antibodies in your blood. This number can change daily depending on when your last outbreak, or asymptomatic viral shed. Do not be alarmed if this number is high.

Labcorp

Patient Name:	Account Number:
Patient Phone:	
Date of Birth (Age):	Account Name:
Sex:	Collection Date/Time:
Referring Dr (NPI #):	Received Date/Time:
Patient ID:	Reported Date/Time:
Specimen ID:	

Flag	Result	Range/Units
	Negative	<0.91
	Equivocal	0.91 - 1.09
	Positive	>1.09

This chart helps you understand what that index number means. If the # in Box 1 is higher than 1.09 it is positive. If it is in-between 0.91-1.09 it means you should get retested in 6 weeks. If it is lower than 0.91 it is negative

If your number falls between these numbers it means that it is an inconclusive test & you need to be retested in 6 additional weeks.

Herpes Testing Myths:

1. Herpes tests are included on a standard std panel:

False. CDC doesn't even recommend testing. Standard STD panels include gonorrhea, chlamydia, syphilis, and HIV.

Sources:

- <https://questdirect.questdiagnostics.com/products/STD-Basic-Screening-Panel/8dbfa07f-969d-417e-be36-b6166b7720bb>
- https://www.cdc.gov/herpes/about/#cdc_disease_basics_testing_screening-testing-and-diagnosis

2. You cannot get tested for herpes without physical sores or an outbreak:

False. There are 3 different types of blood test you can get with no signs or symptoms present, the IgM, IgG and the Western Blot. Drs do not like to use these tests as they have a wide range in accuracy and they highly depend on **WAITING** to get tested. For most blood tests you need to wait at least 6 weeks to get accurate results.

3. Herpes is tested for during blood work, blood donations or an annual PAP Smear:

False. Annual blood tests only test for CBC (complete blood count) basically breakdowns of your red and white blood counts, cholesterol, and glucose levels and pregnancy, it does not test for herpes. Blood donation blood is run through tests but only for sickle cell, Blood type testing, Trypanosoma Cruzi, Hepatitis B & C, HIV, HTLV-1 / 2, Syphilis, Zika Virus, and West Nile Virus. Pap smears cannot be used to test for herpes at all; a pap smear is used to test for HPV and cervical cancer.

Sources:

- **Blood test:**
https://www.scripps.org/news_items/6595-what-do-common-blood-tests-check-for
- **Blood Donation:**
<https://www.redcrossblood.org/biomedical-services/blood-diagnostic-testing/blood-testing.html>
- **Pap Smear:**
<https://www.mayoclinic.org/tests-procedures/pap-smear/about/pac-20394841#:~:text=A%20Pap%20smear%20is%20used.that%20can%20cause%20cervical%20cancer.>

4. Herpes tests are 100% accurate:

False. Swabbing an actual outbreak is 100% accurate while blood tests are not. Western blot is the most accurate blood test but usually costs \$\$ and is not covered under insurance. IGG and IGM are not very accurate because you need to know when the correct time to get tested is. You have to wait 12 days after exposure to get a proper antibody count.

Sources:

- <https://www.ashasexualhealth.org/herpes-testing/>
- <https://stdcenterny.com/herpes-testing.html>
- <https://www.healthline.com/health/how-long-does-it-take-for-herpes-to-show-up#how-soon-to-test>
- <https://stdcenterny.com/odds-of-getting-herpes.html>

5. If I have a high index value that is bad or means I have a worse form of herpes:

False. The value is only a measure of the antibodies in your blood. This number can change daily depending on when your last outbreak, or asymptomatic viral shed. Do not be alarmed if this number is high.

Sources:

- <https://pubmed.ncbi.nlm.nih.gov/16677855/>
- http://publichealth.lacounty.gov/dhsp/You/Herpes_Testing_Toolkit_2016.pdf

6. Herpes tests will tell you what location you have herpes in:

This is only true of herpes PCR Swab tests, which can only be done if you have an active outbreak. The IgM blood test can only tell you if you have herpes or not (it is the most unreliable test). Blood tests like IgG and the Western Blot will only tell you which strain you have but not the location. HSV-1 and HSV-2 can live anywhere on the body most commonly HSV-1 is oral and HSV-2 is genital but it is not always the case

7. Index values do not change and remain the same forever:

False. As stated above the index values can fluctuate daily depending on when your last outbreak, or asymptomatic viral shed. If you test too close to your exposure you could get a lower index value and if you test again later on it could become larger. If you test shortly after an outbreak the values will be higher than if you test after a while of having no symptoms.

Sources:

- <https://ameripharmaspecialty.com/what-are-the-normal-igg-levels-by-age/>
- <https://www.ashasexualhealth.org/herpes-testing/>
- <https://www.verywellhealth.com/what-does-a-positive-herpes-igg-test-mean-3132937>

8. Herpes tests will tell you how long you've had herpes:

False. The tests will not tell you how long you had herpes for. If you get a high value it just means that you have either had a recent outbreak or a recent asymptomatic flare up. It does not mean a recent infection. There is some scientific evidence that it takes (for some people) a longer time to build up antibodies to get these higher values however it's not the same for everyone and the values can change depending on many different factors.

Sources:

- <https://pubmed.ncbi.nlm.nih.gov/16677855/>
- <https://www.ashasexualhealth.org/herpes-testing/#:~:text=Unfortunately%2C%20most%20people%20who%20are,positive%20result%20for%20HSV%2D2.>

9. Herpes can be tested for in the urine:

Not Really True. HOWEVER they are not considered accurate enough for herpes and can ONLY be conducted if you are having an active outbreak inside your urethra. This test will only be considered accurate if all other factors (Ex: chlamydia, utis, gonorrhea etc.) were eliminated. Herpes urine tests are not recommended and there are much better tests to get. If you are having symptoms opt for a swab test. If you are not having symptoms you should wait 6-14 weeks and get an IgG Blood test.

Source:

- <https://www.thesticlinic.com/herpes.aspx>

Limitations Of The Tests:

1. **How long have you had it:** The tests will not tell you how long you had herpes for. The IgG/IgM tests will not tell you if the virus is old or new in your system. If you get a high value it just means that you have either had a recent outbreak or a recent asymptomatic flare up. It does not mean a recent infection.
2. **The Location:** Only the swab test will tell you the location the blood test will not. Only the Western Blot and IgG will tell you the strain. The general rule of thumb if you are not experiencing symptoms is HSV-1 is usually oral herpes (cold sores) and HSV-2 is genital herpes. (I know that either can be in either spot **HOWEVER** this is the most common arrangement.)
3. **Who gave it to who:** Similar to #2 there is no real way of knowing which partner gave it to the other. It doesn't matter whose number is higher that can change.
4. **False Positive:** if you test positive and your value is under 3 you may want to get retested in 6 weeks. Low positive results with no symptoms can potentially be a false positive result. The chance of a false positive herpes test result is much higher than when testing for STIs like chlamydia or gonorrhea. This is because current herpes tests are not as exact as tests for chlamydia and gonorrhea.

Source:

- https://www.cdc.gov/herpes/about/#cdc_disease_basics_testing_screening-testing-and-diagnosis

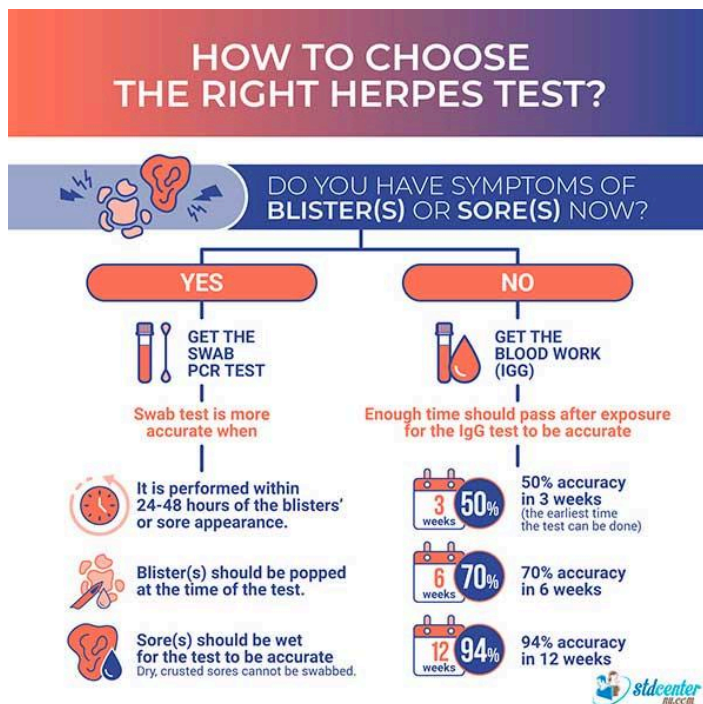
5. **False Negative:** unfortunately false negatives are much more common than false positives. A false negative can happen when a person gets blood tested for herpes too soon after exposure. The challenge here is that the time it takes for IgG antibodies to reach detectable levels can vary from person to person. For one person, it could take just a few weeks, while it could take a few months for another. So even with the accurate tests, a person could receive a false negative if the test is taken too soon after contracting the virus.

Source:

- <https://www.ashasexualhealth.org/herpes-testing/>

Which Test Is Right For You:

It may be confusing to decide which of the available herpes tests is right for you. A lot of times doctors are not even sure which test they should give at what times so it is best if you go into the appointment knowing what to ask for and when to ask it. For the most accurate results make sure to be honest with your doctor about when you were last tested, exposed and what your exact symptoms are. The best way to get tested is when you are having an outbreak and the sores are **FRESH** and not healed or scabbing. You should get tested as soon as you are able to after seeing an outbreak. If you do not see an outbreak, are having invisible symptoms (only nerve pain or tingles) or your outbreak has healed before you can get an appointment the best way to get tested is to wait a minimum of 6-14 weeks and get an IgG blood test.



HERPES TESTS

SWAB (PCR) VS IGG

IGG HERPES TEST

97-98%



Test accuracy
How accurate is the test

19%



False positive rate
The test detects the presence of herpes, but the person doesn't actually have it

38%



False negative rate
The test doesn't detect the presence of herpes, but the person does have it

- ✓ Anytime for past exposures
- ✓ 3 weeks after for recent exposure



When can the test be done?

Blood test



How is the test done?

Covered



Insurance coverage

Most healthcare facilities



Where can the test be done?

3-4 days



Time to get results

HERPES SWAB (PCR)

100%

Test accuracy
How accurate is the test

0%

False positive rate
The test detects the presence of herpes, but the person doesn't actually have it

25-70%

False negative rate
The test doesn't detect the presence of herpes, but the person does have it

Only during an outbreak when blisters and sores are present

When can the test be done?

Swab

How is the test done?

Covered

Insurance coverage

STD clinics and some urgent care clinic

Where can the test be done?

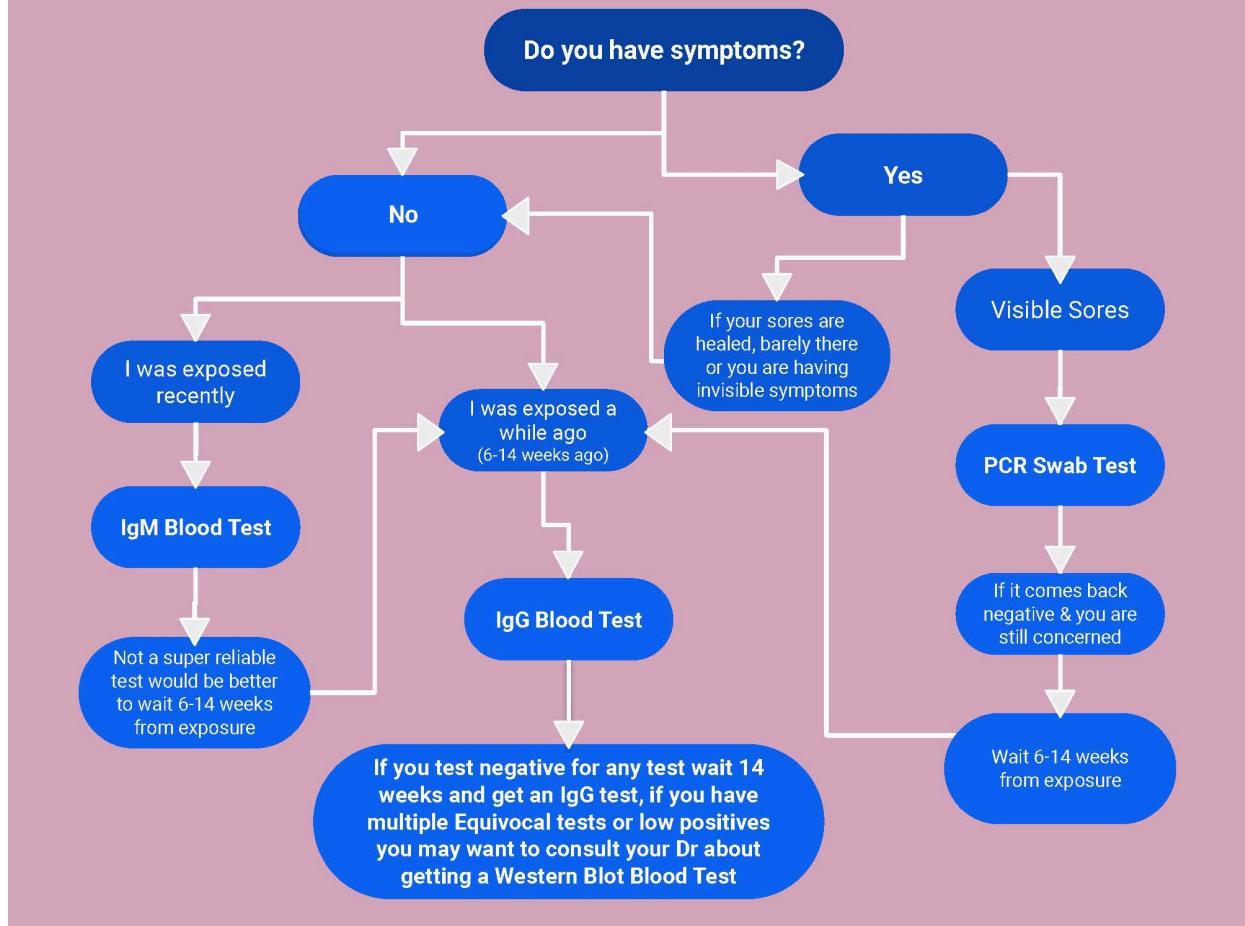
4-7 days

Time to get results



<https://stdcenterny.com/herpes-testing.html>

WHICH HERPES TEST IS RIGHT FOR YOU?



Urine Test:

Urine Tests: are not considered accurate enough for herpes and can ONLY be conducted if you are having an active outbreak inside your urethra. This test will only be considered accurate if all other factors (Ex: chlamydia, utis, gonorrhoea etc.) were eliminated. Herpes urine tests are not recommended and there are much better tests to get. If you are having symptoms opt for a swab test. If you are not having symptoms you should **wait 6-14 weeks** and get an IgG Blood test.

Source:

<https://www.thesticlinic.com/herpes.aspx>

Swab Test:

Swab Test: The swab test is the more common test to get. They can only do this test if you are having an outbreak which is why this is considered one of the best tests to get. The swab test not only tells you the location, being you are having symptoms but also

tells you the strain. Herpes viral culture can be done using a **variety of cell types**. Unfortunately, it is not equally effective at all stages of a herpes outbreak. Viral culture is very good at detecting the herpes virus in vesicular and pustular herpes lesions (>90 percent). It is far less effective at detecting the virus in ulcerative lesions (~70 percent).

Source:

- www.verywell.com/viral-culture-3132656
- <https://www.ucsfhealth.org/medical-tests/herpes-viral-culture-of-lesion>

IgM Blood Test:

IgM Blood Test: An IgM test tests for your short term antibodies. This test is the **least** accurate being you have the shortest window of time to get an accurate test result. The IgM test measures the immunoglobulin amount in your blood which are the first antibodies that your body makes before it starts making your long term antibodies. First, IgM antibodies typically become detectable about **7-10 days** after exposure. After a short amount of time the body stops making the IgM antibodies so if you wait too long you could get a false negative test result.

How To Read The Test:

Range	Result
Less than 0.90	Negative
0.90 - 1.09 IV	Equivocal (Meaning the test was inconclusive, Repeat testing in 10-14 days is recommended)
Greater than 1.09	Positive - May indicate a current or recent infection.

Source:

- <https://medlineplus.gov/lab-tests/immunoglobulins-blood-test/>
- <https://news.mayocliniclabs.com/2019/11/11/discontinuation-of-herpes-simplex-virus-igm-testing/>
- <https://www.verywellhealth.com/what-does-a-positive-herpes-igg-test-mean-3132937>

IgG Blood Test:

IgG Blood Test: An IgG test, on the other hand, helps determine the immunity status following a virus infection or active immunization, or sometimes, it helps diagnose a

persistent infection. The IgG tests for the long term antibodies in the blood which are what remain in the blood for the rest of the time. IgG starts spiking as IgM starts coming down. These antibodies can take up to **16 weeks** after exposure to give you an accurate test result. The recommended timeline for testing for the IgG is **6-14 weeks** after outbreak symptoms have appeared or the last sexual encounter that you had. Testing any earlier than **6 weeks** would result in a false negative result or just an unreliable result.

How To Read The Test:

Range	Result
Less than 0.80	Negative
0.80 - 0.99 IV	Equivocal (Meaning the test was inconclusive, Repeat testing in 10-14 days is recommended)
Greater than .99	Positive - May indicate a current or recent infection.

Sources:

- https://www.cdc.gov/herpes/testing/?CDC_AAref_Val=https://www.cdc.gov/std/herpes/screening.htm .
- <http://www.differencebetween.net/science/difference-between-antibody-test-igg-and-igm/>
- <https://www.mountsinai.org/health-library/tests/serum-herpes-simplex-antibodies>
- <https://www.verywellhealth.com/what-does-a-positive-herpes-igg-test-mean-3132937>

***For the IgG and The IgM blood tests having a very high number is an indication of a recent outbreak there is nothing to be alarmed about if the number is much higher then the range listed here. ***

Western Blot:

Western Blot: The Western blot test, also called immunoblotting, is a test for a specific protein within a protein mixture. The Western blot test is performed after gel-electrophoresis or an enzyme-linked immunosorbent assay (ELISA) test, and it uses

antibodies to identify specific proteins. It is the **MOST** accurate blood test that you can get. However it is not given at most doctors offices, is not covered under most insurances and it costs around \$345. Western Blots should be taken at least 1 month after exposure/ outbreak. In order to get the western blot your dr must order it through the Department of Washington.

The information packet:

<https://www.medialab.com/dv/dl.aspx?d=1152395&dh=ff9d3&u=110081&uh=a6e1e>

The form to fill out to get a test:

https://forms.office.com/pages/responsepage.aspx?id=W9229i_wGkSZoBYqxOYL0gDFgPXthVNOvjKXYcGjMq9UM0FQTFQ2RkFCNIo2TIIJUKU5U05VVFhISyQIQCN0PWcu . Or

call: **1-800-713-5198** or **1-206-685-6066**.

If your doctor will not order it for you contact **Terri Warren** and her and her team will set it up for you <https://westoverheights.com/about-terri-warren-nurse-practitioner-and-herpes-specialist/>

Sources:

- <https://westoverheights.com/getting-a-herpes-western-blot/>
- [Western Blot \(genome.gov\)](https://www.genome.gov/25520811/western-blot)
- <https://www.progressivehealth.org/herpes-1-and-2.html>

***Important to note that with all blood tests there is no way to know the location of the herpes virus. The tests are limited to telling you the strain and not the location. Most HSV-1 strains are located orally and are not sexually transmitted but are cold sores and passed in childhood through kissing a family member. Please keep that in mind when reading your results. ***

Where / How To Get Tested:

When you are trying to get tested for any STI, talk to your doctor about all your sexual history and symptoms to make sure you are getting all the tests that are needed. This is a **REMINDER** that herpes is **NOT** included on a standard STD panel and needs to be specifically requested especially if you are not having symptoms. If you do not have physical symptoms you have to wait 6-14 **WEEKS** to get an accurate blood test.

1. **Clinics:** places such as planned parenthood are well versed in STI testing and offer a sliding pay scale if you do not have insurance. They also tend to be more informed on STIs and can offer you more support than some general doctors. To make an appointment at planned parenthood go to:
https://www.plannedparenthood.org/planned-parenthood-greater-new-york/get-care?gclid=EAlaIqObChMI_p7o5oKi_gIVPefjBx0IFw0FEAAYAiAAEgK5IPD_BwE

2. **General Practitioner:** Your general doctor should be able to run a herpes test, though in many cases they may advise against it as the CDC does not recommend testing.
3. **OBGYNs:** If you have a vagina your OBGYN can run a test for all STIs including herpes. This is where I got my test done. Just like the general practitioner they may strongly suggest you do not get tested unless you have symptoms.
4. **Western Blot:** In order to get the western blot your dr must order it through the Department of Washington.

The information packet:

<https://www.medialab.com/dv/dl.aspx?d=1152395&dh=ff9d3&u=110081&uh=a6e1e>

The form to fill out to get a test:

https://forms.office.com/pages/responsepage.aspx?id=W9229i_wGkSZoBYqxQYL0qD FqPXthVNOvjkXYcGjMq9UM0FQTFQ2RkFCNlo2TIIJUKU5U05VVFhISyQIQCN0PWcu .

Or call: **1-800-713-5198** or **1-206-685-6066**.

If your dr will not order it for you contact **Terri Warren** and her and her team will set it up for you

<https://westoverheights.com/about-terri-warren-nurse-practitioner-and-herpes-specialist/>

5. **WISP:** The website WISP offers consultations with licensed physicians. You take a symptoms quiz and within 24 hours the dr will follow up by phone or chat to write you a prescription. <https://hellowisp.com>
6. **GoodRX Care:** this website is a great alternative if you do not have health insurance. It is a telehealth dr that can prescribe basic medications. **\$9.99/ month** will get you a gold membership which makes dr visits **\$19.99 per visit** and gives you 90% savings on prescription medication and free delivery for medication. Without the membership it is **\$49** to chat with a dr and you pay full price for the prescription. It is still cheaper than an in person visit to a dr if you do not have health insurance. <https://www.goodrx.com/care/services/hsv>
7. **Home Testing Kits:** There are home testing kits where you take your own blood and mail it or bring it to a laboratory. This is a list of a comparison of 6 different at home STI testing kits: <https://www.medicalnewstoday.com/articles/home-herpes-test#top-herpes-tests> these are some additional options to look into.
 - <https://knowyourdna.com/at-home-herpes-test/#:~:text=How%20Herpes%20Testing%20Is%20Done%20At%20Home%201,can%20send%20it%20back%20to%20the%20lab%3A%20>

- <https://www.stdwatch.com/us/herpes-test>

What Happens After?

1. **If you test negative:** there is not much action needed, you can get tested again in 6-14 weeks to make sure but if you get the negative result and your doctor agrees with the results then you are fine.
 2. **If it is equivocal or inconclusive:** then a retest is needed in 6-14 weeks to get a conclusive result. Some people opt for getting the Western Blot as it is more accurate, some get another IgG.
 3. **If you test positive:** **DO NOT PANIC** there are many options for you and your life is far from over. You are far from alone. 1 in 6 adults have HSV-2 and over 50-80% of the population has HSV-1. If you need someone to talk to my DMs are open on Reddit: [Mylovelyladylumps69](#), IG: [Bubblieinblu](#), Tiktok: [Bubblieinblu](#), or on Discord: [Bubblieinblu / The Herpes Questions Discord Chat](#)
- If you are having an outbreak this is the **Outbreak guide** I put together after talking to the support group and a bunch of redditors. It's all info on how to shorten and lessen outbreaks and deal with particularly painful sores. There are lists of supplements, antivirals and even how to get antivirals.
<https://docs.google.com/document/d/1w0nbGEJuiRHgKU4DjZQALX3vWA26MBZA7lhDmsHlbo/edit>
 - This document has a list of **support groups**, and other social media groups that you can look into that can help you navigate herpes.
<https://docs.google.com/document/d/1E6uCpRELkldFFqtTcYLkdC-3Zo50O4EEqaXJ-5j2cC8/edit>
 - This is a list of common **myths about herpes** that can answer some of the most common questions, and concerns that most people have about herpes.
<https://docs.google.com/document/d/1-6oZmnfywTFNYSckKYC7Mh7MXZKrA0GUcztS8Bz5bW0k/edit>
 - If you are looking for herpes advocates, and social media, podcasts or videos about herpes this is the **Social Media's About Herpes List**. The accounts are funny and informative and all herpes positive. There is everything on there from podcasts, YouTube, TikToks, blogs, Facebook support groups, Instagram pages, dating pages, subreddits, and websites.
<https://docs.google.com/document/d/1E6uCpRELkldFFqtTcYLkdC-3Zo50O4EEqaXJ-5j2cC8/edit>

- If you are in a relationship with someone who is HSV negative or if your results came back negative and your partners came back positive. This is a list of ways to **help protect your partner**. I have had oral and genital hsv1 for 10 years and I have not passed it to anybody to my knowledge. There are many precautions you can take to help keep your partner safe!
<https://docs.google.com/document/d/10ccLJMnXAKuKfpU5ng9-1CiWYGPTYYPfDOCvxeB4GX4/edit>
- If you are worried about disclosing to a current partner or a new partner take a look at the **disclosure guide** which can help you start the conversation.
https://docs.google.com/document/d/1eMul_7Lu1Fa0ZJYGxKnEewDMqdZOFYTLKsG7EDknfwA/edit?usp=sharing

If you have any further questions or if any of the source links no longer work you may reach the creator of this document. HOWEVER I will **NOT** look at images of your genitals or outbreak and tell you if something looks like herpes. Instagram at [Bubblieinblu](#) or Reddit at [Mylovelyladylumps69](#).

This document was last updated on 10JUL2024.