

UNIVERSITY OF HOUSTON HEALTH CENTER

-HEALTHBERRY-

www.uh.edu/admin/hc

**FEVER BLISTERS
(COLD SORES, HERPES SIMPLEX)**

Fever blisters are common, contagious viral infections. They are also called "cold sores". They are caused by the herpes simplex virus or HSV-1. They usually involve the lips, gums and mouth area, but are occasionally seen on the cornea of the eye or genitalia. The cause is a virus known as the herpes simplex virus or HSV-1. The virus is transmitted by person-to-person contact. These blisters and ulcers are contagious until they heal completely. The eruptions are very small, painful blisters, usually around the lips and mouth. The blisters are grouped together and a red ring surrounds each. They fill with fluid and then dry up, crust and disappear.

To prevent the spread of the virus, avoid physical contact with others who have active lesions. Wash your hands often during a flare-up to avoid spreading the virus. Antiviral medication is available, both topically and orally to limit the infection and to shorten it's course. Antibiotics are not used unless a secondary bacterial infection occurs. Don't rub or scratch an infected lesion. Cool liquids or ice will also reduce discomfort.

We at the Health Center will be happy to help you.



Healthfully yours,

Dr. Healthberry

For questions or comments you can;

Write "Healthberry" at
University Health Center
Houston, Texas 77204-3019

E-Mail "Healthberry" at JMGray2@central.uh.edu
Fax "Healthberry" at (713)743-5164. 100 UH Health Center