just the facts.

With knowledge, care and communication, the odds of passing herpes can be lessened to a large degree.

**UNPROTECTED TRANSMISSION RATES?**
- Herpes male to non-herpes female = 10%
- Herpes female to non-herpes male = 4%

Assumes the following:
- No sex during active outbreaks,
- No daily antiviral medication
- No regular use of condoms.

3 extra layers of protection:
1. Daily suppressive therapy of antiviral medication reduces transmission rates by 48%
2. Condoms reduce transmission rates by another 30-50%.
3. Awareness of prodrome helps to protect that much more so sex can be avoided during such sensations.

**THE BASICS**
- Over 25 million Americans 14-49 years old (16.2%) have genital herpes.
- 776,000 new herpes cases annually (2,000/day).
- 80% have oral HSV-1

80% of the 16.2% with genital herpes don’t know they have it.

Herpes is transmitted via skin-to-skin contact in a warm/moist environment (mostly genitals/mouth). Herpes is transmitted only when the contagious area of the skin contacts the mucous membrane or a crack in the surface of the skin.

Daily suppressive antiviral medication can reduce shedding by 50-90% and reduce the frequency of outbreaks by up to 80%.

**WHAT ABOUT ORAL SEX?**
- 99% of the time, oral cold sores are caused by HSV-1 (oral HSV-2 is very, very rare)
- 50% of new genital herpes cases are HSV-1 from oral sex.

**WHAT IS VIRAL SHEDDING?**
- Herpes can be transmitted with no visible symptoms.

Here are the %s of the time herpes silently sheds the virus based on the HSV type and location (not to be confused with transmission rates).

<table>
<thead>
<tr>
<th>HSV Type</th>
<th>Sheds Virus %</th>
</tr>
</thead>
<tbody>
<tr>
<td>HSV-2 genital</td>
<td>15-30%</td>
</tr>
<tr>
<td>HSV-1 genital</td>
<td>3-5%</td>
</tr>
<tr>
<td>HSV-1 oral</td>
<td>9-18%</td>
</tr>
<tr>
<td>HSV-2 oral</td>
<td>1%</td>
</tr>
</tbody>
</table>

Shedding occurs more frequently during the first 6-12 months of having herpes than it does subsequently due to building up antibodies. Asymptomatic genital HSV-2 infections shed virus about 1/2 as frequently as symptomatic infections.

**DISCLOSURE E-BOOK**
- Download the free e-book to shift your whole perspective on herpes: [www.eepurl.com/b4IPP](http://www.eepurl.com/b4IPP)

**WHERE DOES THIS INFO COME FROM?**
(just search for these terms in Google)
- Planned Parenthood’s herpes page
- ASHA Herpes Resource Center
- WebMD herpes page
- CDC: Genital Herpes Fact Sheet
- NYT Health Guide: Genital Herpes
- Westover Heights Herpes Handbook

"It’s really important for people to understand how common herpes is, and how little problem it causes …”
— Dr. Anna Kaminski (PP)