

Talking about Herpes

How do I tell a sex partner that I have herpes?

- Think about how you want to start the talk. What do you want them to know?
- You do not need to say sorry or tell them how you got it.
- Practice. Try saying it in front of a mirror if you're nervous.
- Give them some basic facts and ask what they think. This is also a great time to ask them when they were last tested.
- Don't tell them during foreplay. Give them time to think.
- Remind yourself that you are great. There is no way to know how someone will react.

Know your facts:

- Herpes is a skin problem. It does not cause any long-term health problems.
- Let your partner know that herpes is common. 1 in 6 people have genital herpes.
- Your partner is less likely to get herpes from you if you practice safer sex:
 - Don't have sex when you have an outbreak.
 - Always use condoms and dental dams.
 - Take your medicine the way your doctor tells you to.

Where can I learn more about living with an STI?

- **Ella Dawson Blog:** ellacydawson.wordpress.com
- **STD Project:** thestdproject.com
- **Updated Herpes Handbook** by Terri Warren
- **Managing Herpes: How to Live and Love with a Chronic STD** by Charles Ebel

Where can I find social support services?

- **National STD Hotline:** 1-800-227-8922 (free). 24 hours a day, 7 days a week
- **Free Support Group in NYC:** Herpes Recovery Anonymous
Website: hranyc.tripod.com Email: hranyc72@gmail.com

Talk to your CHN Health Educator if you have more questions!