

# Recurrent Herpes Simplex Virus

(Updated 29-10-19)

## Signs and Symptoms:

1. Herpes Simplex Virus (HSV) is a common pathogen that can result in the formation of painful sores and blisters. HSV-1 is a strain of herpes virus that is primarily associated with blisters on the lips (*cold sores/herpes labialis*) while HSV-2 is typically associated with genital sores or blisters. In the field, these lesions can sometimes lead to cellulitis due to the possibility of subsequent opportunistic bacterial colonization.
2. The purpose of this protocol is to allow for appropriate pharmacologic treatment of HSV strains 1 & 2 in patients with a confirmed history of infection and treatment.
3. Early management of these conditions can minimize symptoms and thereby maintain operational fitness.

## Contraindications:

1. New rash with no known history of HSV.
2. Greater than 72 hours since the onset of symptoms
3. Allergy to an indicated medication.

## Management:

1. Assess the patient thoroughly.
2. Treat recurrence of Herpes labialis with Valacyclovir 2000mg BID for 1 day.
3. Treat recurrence of Herpes genitalis with Valacyclovir 500mg BID for 3 days.
4. If evidence of cellulitis, also treat as per the *SOMT Cellulitis Protocol*.

## Disposition:

1. Monitor - If worsening or treatment is ineffective, ensure patient is seen by a MO or PA.