

English	简体中文 Simplified Chinese (Mandarin)
<p>Genital herpes</p> <p>About genital herpes</p> <p>Genital herpes is a sexually transmitted infection caused by a virus called herpes simplex virus (HSV).</p> <p>There are two different types of the virus (type 1 and type 2), both of which can affect the genitals. One of the types is the same virus that causes cold sores around the mouth (type 1).</p> <p>Genital herpes causes painful blisters and sores on and around the genitals. It can also sometimes cause problems if it's caught for the first time either very early or very late in pregnancy.</p> <p>How do I get genital herpes?</p>	<p>生殖器疱疹</p> <p>关于生殖器疱疹</p> <p>生殖器疱疹是由一种性传播感染疾病，它是由一种称为单纯疱疹病毒（HSV）引起的。</p> <p>该病毒有2种不同的类型（1类和2类）均可影响生殖器。其中一种类型与引起唇部周围的口疮的病毒是一样的。</p> <p>生殖器疱疹会在生殖器部位引发疼痛的水泡和疮。如果是在怀孕很早期或很晚期第一次发作，有时也可能引发问题。</p> <p>我如何感染的生殖器疱疹？</p> <p>疱疹病毒（HSV）很容易通过亲密和直接接触在人与人之间传播，包括：</p> <ul style="list-style-type: none">• 亲吻• 没有防护措施的阴道性交、肛交或口交（未使用避孕套）

The herpes virus (HSV) is easily passed from person to person by close, direct contact including:

- kissing
- unprotected vaginal, anal or oral sex (without a condom)
- sharing sex toys that aren't washed or covered with a new condom each time they're used
- your genitals coming into contact with your partner's genitals – this means you can get genital herpes from someone even if there is no penetration, orgasm or ejaculation

Sometimes you can catch herpes when your sexual partner has no visible sores or symptoms. This is because the virus can become active on the skin without causing any visible blisters or sores. This is sometimes called 'asymptomatic shedding'.

Herpes can also be passed to a newborn baby during childbirth. This is less common if the first episode of herpes is diagnosed before or at the beginning of pregnancy, and if there are no visible ulcers at time of

- 共用没有洗过的或是未在每次使用时套上新的避孕套的性玩具
- 您的生殖器和您伴侣的生殖器有接触-这意味着即使没有插入、发生性高潮或是射精，您也可以从对方那里感染病毒

有时当您的伴侣没有明显的疮或症状时，您也会感染病毒。这是因为病毒可以活跃在皮肤表面而不引起任何可见的水泡或是疮。有时这种情况称为“无症状传播”。

疱疹也可以通过分娩传染给新生儿。如果在怀孕前或怀孕初期诊断出疱疹首次发作，且在分娩时没有明显的溃疡，则新生儿感染不太常见。有时会在怀孕快结束时开始药物治疗以降低感染风险。

生殖器疱疹的症状

许多人在第一次感染疱疹病毒时并没有出现任何症状。

如果确实有症状，则通常在接触病毒后的第二至十二天之间出现。

有时症状可能在接触病毒后几个月，有时候甚至是几年后才会显现。

delivery. Sometimes medications are started towards the end of pregnancy to reduce this risk.

Symptoms of genital herpes

Many people with the herpes virus do not experience any symptoms when first infected.

If symptoms do occur they usually take between two and twelve days after contact to appear.

Sometimes symptoms may not be noticed until months, or sometimes years, after being in contact with the virus.

Once you have the herpes infection, the virus stays in your body. It can lie dormant for long periods, but can reactivate in the area that was originally infected. If the virus reactivates, the sores and blisters can reappear. This is known as a 'recurrent episode' of genital herpes.

This first episode of genital herpes may last from two to four weeks. Repeated episodes are not usually as severe, or long, as the first and you may never have a repeat episode.

您一旦感染疱疹，病毒就会留在您的体内。它可以潜伏很长时间，但也可能在之前感染过的部位重新激活。如果病毒重新激活，疮和水泡就会重新出现。这称为生殖器疱疹复发。

第一次生殖器疱疹的发作可能持续两到四周。疱疹复发通常不会像第一次那么严重、持久，您也许不会复发。

第一次感染的症状包括生殖器部位出现痘痘或红色凸起，这可能非常疼痛。之后不久，这些肿胀会破裂形成疮或溃疡，并逐渐结痂愈合，形成新的皮肤。

其他症状包括：

- 阴道内、阴茎头或后部通道（直肠）处疼痛
- 阴道异常分泌物
- 小便疼痛或是排尿困难
- 发烧
- 类似流感的症状、背痛、头疼和发烧
- 腹股沟、腋下和脖胫的淋巴腺体轻微肿大

如果您疱疹复发，您的症状可能包括：

- 水泡出现前有刺痛或者灼烧感（这可能是复发的初始讯号）

Symptoms of the first infection can include spots or red bumps around the genital area. These can be very painful. In time, these swellings can break open and form sores or ulcers which gradually crust over, forming new skin as they heal.

Other symptoms include:

- pain inside the vagina, head of penis or back passage (rectum)
- vaginal discharge
- pain peeing or being unable to pee
- fever
- flu-like symptoms, backache, headache and a temperature
- mild swelling of the lymph glands in the groin, armpits and neck

If you have a recurrent infection, your symptoms may include:

- a tingling or burning sensation before blisters appear (this can signal the start of a recurrent infection)
- painful red blisters, which soon burst to leave ulcers
- pain inside the vagina, head of penis or back passage

- 疼痛的红色水泡，很快破裂留下溃疡
- 阴道内、阴茎头或直肠处疼痛

检测生殖器疱疹

如果您认为您可能患有生殖器疱疹，您应该预约见全科医生或者联系当地性健保服务部门。

如果您有例如水泡、疮和溃疡等症状，医生或护士也许能够立刻做出诊断。

如果您有明显的水泡，医生或护士可能会用拭子检样测试，检查其是否为疱疹以及是哪种类型的疱疹。这种检测方法还可以测试另外一种会引起水泡的性传播疾病，叫梅毒。

虽然生殖器疱疹拭子检测结果是可靠的，但是如果溃疡太干燥，那呈阳性的结果可能性不大。

网上预定预约

您也许可以通过网上预约系统在线预订性传播感染疾病测试的预约。不同地区的NHS有所不同。

性健康服务网上预约系统

Testing for genital herpes

If you think you may have genital herpes you should make an appointment with your GP or local sexual health services.

If there are symptoms present such as blisters, sores and ulcers, your doctor or nurse may be able to make a diagnosis straight away.

If you have visible blisters, your doctor or nurse may take a swab for testing, to check if this is herpes and what type. This swab can also test for another STI which causes blisters called syphilis.

The genital herpes swab tests is very reliable, though if the ulcer is too dry then the result may be less likely to find a positive result.

Online appointment booking

You may be able to book an appointment for an STI test online using the online booking system. This varies for different NHS board areas.

Treating genital herpes

Although there is no known cure for herpes, the symptoms of genital herpes can be treated.

治疗生殖器疱疹

虽然目前没有治愈疱疹的方法，但是可以治疗生殖器疱疹的症状。

复发性生殖器疱疹的症状通常在无需治疗的情况下会自行消失。如果需要的话，我们也有药物可以加快愈合过程并且减少发作的严重程度。

如果您在发作初期就立刻使用药物，您可能会缩短或甚至阻止疱疹发作。

有些人会经历生殖器疱疹多次复发。在这类情况下，应该使用更长疗程的片剂治疗以预防复发。

与性健保服务部门的医生或护士，或者您的全科医生讨论可能适合您的治疗方案。

如果您正怀孕并且发现您感染了生殖器疱疹，请立刻告知您的助产士。

由于没有疱疹的筛查测试，我们建议伴侣仅在有症状的情况下进行检测。

避免把生殖器疱疹传给伴侣

The symptoms of recurrent genital herpes will usually clear up without any treatment. There's also medication to help speed up the healing process and reduce the severity of an episode, if needed.

If you start taking the medication as soon as an outbreak begins, you may shorten or even stop the episode.

Some people experience many recurrences of genital herpes. In these cases, a longer course of tablets should prevent any recurrent episodes.

Talk to your doctor or nurse at the sexual health service, or to your GP about possible treatment options that may suit you.

If you're pregnant and find out you have a genital herpes infection, tell your midwife as soon as possible.

As there's no screening test for herpes, partners are only advised to have a test if they also have symptoms.

Avoiding passing genital herpes to a partner

如果您长有疱疹，您可以采取一些简单措施来避免把病毒传给您的伴侣（们），同时您也可以继续拥有健康和愉悦的性生活。这些措施包括：

- 如果您患有疱疹，如实告诉您的伴侣
- 了解疱疹发作前的一些预警信号（刺痛、瘙痒或者发炎）
- 疱疹发作期间避免性交
- 避免直接接触您的疮或水泡以及他人
- 当您或您的伴侣嘴巴周围长有疮的时候不要接吻和口交

如果您疱疹经常发作，那您有必要和全科医生或性健康门诊讨论长期治疗方案，这也可能会减少您把病毒传给伴侣的机率。

预防疱疹复发

记录您生殖器疱疹发作的时间。您也许会找到疱疹发作的规律性，并且能够识别诱因。

许多人发现在他们疲惫、压力大、生理期前后或是因摩擦或衣物过紧刺激皮肤的情况下疱疹会发作。

如果您找到引发因素的规律，那么尽量调整您的生活方式来避免或者减少暴露在这些诱因之下，或是向健康专家寻求建议。

If you have herpes, you can follow some simple measures to avoid passing the virus on to your partner(s), and to continue to have a healthy and happy sex life. These include:

- telling your partner if you have herpes
- learning to recognise the warning signs (tingling, itching or inflammation) that an episode is starting
- not have sex during an episode of herpes
- avoiding direct contact with your sores or blisters and another person
- avoiding kissing and oral sex when you or your partner has cold sores around the mouth

If you have frequent episodes of herpes then it is worth talking to your GP or sexual health clinic about longer term treatment which may also reduce the chance of you passing on the virus to your partner.

Preventing recurring episodes

Keep a record of when you have an episode of genital herpes. You may see a pattern developing, and be able to identify your trigger factors.

减少生殖器疱疹的风险

预防所有性传播感染疾病的最佳方法是进行更安全的性交。这意味着在阴道性交、肛交或口交时使用避孕套。

疱疹不会透过避孕套传播。但是如果生殖器周围避孕套没有遮住的皮肤表面有活跃的病毒，那么感染还是可能会发生。因此，避孕套不是百分百可以对疱疹病毒起到保护作用。

如果您伴侣患有疱疹，当有明显可见的水泡时请避免性交，以减少您感染疱疹的风险。

其他性传播感染疾病

如果您被确诊患有疱疹，建议您检测所有的性传播感染疾病，包括：

- 衣原体
- 淋病
- 梅毒
- 艾滋病毒

如果您疱疹有重复发作，那检测是更加重要的。

Many people find that episodes occur when they're run-down, under stress, around the time of menstruation or when the skin gets irritated due to friction or tight clothing.

If you do see a pattern of trigger factors, try to adjust your lifestyle to avoid or reduce your exposure to them or speak to your healthcare professional for advice.

Reducing the risk of genital herpes

The best way to prevent all sexually transmitted infections is to practice safer sex. This means using a condom for vaginal, anal or oral sex.

The herpes virus can't pass through a condom. However, if the virus is present and active on the skin in areas around the genitals not covered by the condom (as is often the case), infection may still occur. Therefore condoms are not 100% protective against the herpes virus.

If your partner has herpes, avoiding sex when they have visible sores reduces your risk of getting herpes.

Other STI's

If you've been diagnosed with herpes it's recommended that you are tested for all STI's including:

- chlamydia
- gonorrhoea
- syphilis
- HIV

This is even more important if you have recurrent episodes.

For more information in Chinese go to
www.nhsinform.scot/translations/languages/chinese

更多有关的中文信息, 请前往
www.nhsinform.scot/translations/languages/chinese