

Hi there,

You're probably wondering why this link was sent to you. First, let me put you at ease. Your friend, relative or potential partner is not dying or gravely ill, and it's nothing that is life-threatening. However, the reason they sent you here is that they are apprehensive about telling you something of a very private and sensitive nature.

Human beings love to share secrets and it is also very common to share intimate affairs about ourselves with someone we wish to be with. Whether it's a short term relationship, a life mate, or just a great friend to confide in, this sharing is based on an effort to be honest. The fact you are reading this means that someone sees value in you, and a great deal of trust. So what is this big secret, you ask. Well, it's a small word that can carry a lot of weight, and one that almost everyone on the planet already has....it's called herpes.

I am hoping that you are still here, and I am also hoping you are someone who understands a little bit about it. Did you know that it is pretty much everywhere? Billions of people have herpes simplex; ever heard of a cold sore? Yes, that's herpes simplex, and sometimes the same [virus](#) can be on your private parts. This happens more often than people think. Allow me to put this into proper perspective.

Most people have been made aware of this common virus in grade school during sex-ed class. It's a safe bet that many of the facts you learned have already been forgotten, but the laughter and jokes still remain. It's ok; it happens all the time. Regardless, a lot of information has changed since those young carefree days and the viewing of scary pictures in the classroom.

[So, how common is herpes simplex?](#)

It's ridiculously common. It is so common that current estimates from the [World Health Organization](#), the [CDC](#), and many [others](#) estimate that [2/3 of the world](#) 50 years old and under, carry HSV-1 orally, or have genital herpes. ( [78%](#) of new genital herpes infections are type 1. Also, It's paramount to understand that these numbers of [seropositive](#) individuals with herpes simplex are not included with the other seven types of herpes. The [vaccine for herpes simplex-1 and 2](#) is currently being worked on).

[HSV-1 simplex](#) is commonly referred to as "cold sores." This type of herpes is well known as oral herpes, but you can get this type genitally as well. Why is it common? It is because of touching and kissing. It is who we are and how we communicate, but It's also why close to [6 billion people](#) carry herpes simplex worldwide and why it is so prevalent on this planet. [HSV-2 simplex](#), known as genital herpes, is also common. While many believe it is confined or prefers the genital area, this is far from true. You can get it orally, or [anywhere](#) on your body as well and types are not locations. Most people on the planet are completely unaware they even carry the virus! Completely unaware!

By the time you have reached the ripe old age of one, you have already contracted herpes, HHV6. Happy Birthday, baby. This is known as [Roseola](#). However, many never experience any

symptoms and will never know it. By the time you reach the age of two, most have contracted HHV7, (closely related to HHV6). [Video on HHV6 and 7 here](#). By the age of six, 58% of children have [HHV5](#), and by the age of seven, 50% of children have contracted HHV4, the [Epstein Barr Virus](#). Commonly known as Mono, and called "the kissing disease." By age 10, you have good ol' [Chicken pox](#), HHV3 ( unless you have been vaccinated). This herpes type is also the cause of shingles (Herpes Zoster). By the age of 25, you have almost certainly been exposed to Herpes simplex 1 and/or 2. Although I would argue a much sooner age range for HSV-1. I think it should be very clear by now that herpes is very prevalent.

If you are still reading, you can see why your friend or someone interested in dating you would send this link as an easy way to break the ice and talk about this virus they carry. By this point, you are probably wondering, what are the chances that I can catch herpes. It's a great question; however, I have an important one for you. When was the last time you were tested? Now before you answer, let's think about a few things.

1. Did you physically view your test results, or did the doctor say, everything's ok?
2. How long ago was your last test?
3. If you did view your test results, was there a test for HSV on it?

I can imagine that you are sitting there scratching your head and wondering about the answers or even why I asked them, but there are some excellent reasons.

### **Did you physically view your test results, or did the doctor say, everything's ok?**

You may be shocked to know that most doctors do not test for herpes. There are a few reasons; one is that herpes is everywhere and for the moment, there is nothing you can do to stop the spread of herpes. (Unless you were born on a desert island and never touch another human being...ever). Many doctors will not even tell you that you are positive on a blood test because most of the time the patient is unaware and has never complained about symptoms. I've also heard some doctors say, " Don't worry about it." So make sure you ask!!!  
How long ago was your last test?

If you are thinking about this question for too long, perhaps it's a great time to re-evaluate your views on your personal health. It's always a great idea to get tested before a new relationship. Just saying. If you did view your test results, was there a test for HSV on it?

Fun fact: Even if you request a full panel STD test from your doctor, most doctors will omit herpes from the test. Yes, it's true. So if you want full results, you need to ask for it specifically. HSV 1/2. IgG IgM.

Please keep in mind that whoever sent this to you has done so out of honesty, respect, and kindness. It is highly unfortunate that the same is not shown in return for many who share their herpes status with others; this happens more than I care to admit.

They see you as a person of worth, value, and one who should be allowed to make a choice, seems fair, right? Perhaps you will see them as a better person, and not as someone who is trying to hide something from you. Regardless, I cannot predict what choice you will make, but I can ask that you please keep these points in mind if you wish to stop any further communications or decline any romantic interest. Rejection can be a hard emotion to deal with, but how you respond and what you do next is entirely up to you....

Resources:

[Is one herpes type better than the other?](#)

[Is herpes a big deal or not?](#)

[What is the difference between herpes type one and type two?](#)

[You probably have herpes, and it's okay.](#)

[Dear People Without Herpes.](#)

[What Is The Risk of Getting Herpes?](#)

"How did you get herpes? It's really quite simple. You're a human being and you're alive. Welcome to the planet."

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