**TREATMENT GUIDELINES FOR HEALTH STAFF**

**ORAL HERPES INFECTION**

Authorized health and wellness staff may treat herpes labialis (cold sores) as follows:

1. In a severe, acute episode, oral valacyclovir 2 grams po q 12 hours for 2 doses may reduce symptoms by one day if started during prodrome.
2. Recurrent episodes of herpes labialis (> 6 episodes per year) may be reduced by administering valacyclovir 1 gram po once daily or acyclovir 400 mg po twice per day. Reassess the need for continued prophylaxis by discontinuing therapy after 1 year.
3. Symptomatic treatment with oral or topical analgesics may be prescribed.
4. Contact precautions are indicated to prevent the spread of infection.

**WHEN TO REFER TO THE CENTER PHYSICIAN**

* If the student has HIV infection
* If the student has ocular lesions, referral to an ophthalmologist is indicated immediately