



Questions to ask your doctor *(continued)*

- Should I get tested for other sexually transmitted diseases (STDs)?

- Should I start taking medicine? If not now, when should I start?

- Do you have any information about herpes that I can take home and read?

- Other concerns or comments:



Know your medicines

My herpes medicine:

None right now _____

Dose _____

When/how often _____

What to do if I miss a dose _____

Possible side effects _____

Other instructions _____



If you are worried or upset, getting help from a mental health professional or a support group may be worth it. Ask for referrals.



For more help

Therapist's name: _____

MD PhD LICSW _____

Address: _____

Telephone: _____

http:// _____

Email: _____

Group name: _____

Meeting location: _____

Contact: _____

Telephone: _____

http:// _____

Email: _____