

Tingling Lips

The correct medical term is herpes simplex virus-1 (HSV1), other names in English are **cold sores**, fever blisters or herpes labialis. After **initial** infection with the virus, it becomes **dormant** and “hides” in a nerve ganglion.

Reactivation of the virus, known as **relapse**, may occur during menstruation, exposure to UV light, stress or when the immune system is affected. The symptoms include a **burning** or tingling sensation in the area around the lips, mouth or nose. In general, immediate **treatment** with an anti-viral **agent**, such as acyclovir or penciclovir, helps to prevent further development. If left **untreated**, small painful blisters appear in the affected area. **Strict** hygiene is essential to prevent the spread of the virus, not only for personal hygiene

but also to stop the virus spreading to other persons.

Pharmacy customer: Hello, do you speak English?

PTA: Hello. Yes, I do. What can I do for you?

I just know that I'm going to get another cold sore, and I'm going on holiday next week to the sun!

Oh! Don't worry too much, if you have the feeling that it is coming then you are in the right place for advice and help!

Do you have anything that I can take to prevent it breaking out?

Certainly! There are a few **precautions** to take before, during and after the lip herpes breaks out. I recommend using this acyclovir regularly. It's a good idea to put a small amount onto a **cotton bud** before **applying** it to the tingly area. It's also a good idea to **thoroughly** wash your hands both before and after using the gel.

Okay, I'll do that, that's actually a very good idea! I never thought of that before. Is there anything else that you can recommend? You see, my lips get very dry when I use any of these products.

That was the next thing that I was going to ask you! I would also recommend using this **lip balm** with dexpanthenol that helps to **soothe** this dryness. Again I recommend using a cotton bud when applying.

Thank you I know the product and it really is soothing.

Would you like it in **skin-tinted** or neutral form?

I'll take it in neutral thank you.

I assume that you probably already know about the hygiene measures to take if the cold sore actually breaks out: making sure to avoid oral contact with other people, not sharing hand towels or shower towels with others and washing any textiles that have come in contact with the affected area at least at 60° C.

Thank you for reminding me. Sometimes one is so busy with other things that the everyday habits tend to take over.

Here is sun lotion with an **SPF** of 30 to protect the area from ultraviolet rays. Sun can effect a reactivation of the virus. If you experience other symptoms such as swollen **glands**, or if the symptoms **persist** longer than two weeks, it might be necessary to consult a doctor.

I'll remember that.

So, here are your purchases. Would you like a **carrier bag**?

No thanks, I'm trying to help the environment! Thank you for your help.

Don't mention it. Enjoy your holiday! And remember to apply sun protection!

Thank you, goodbye!

You are welcome, bye, bye. ■

*Catherine Croghan,
Lecturer in English and native speaker*

VOCABULARY

tingling	kribbelnd
cold sores	Fieberbläschen
initial	Anfangs-
dormant	schlummernd
relapse	Rückfall
burning	brennend
treatment	Behandlung
agent	Wirkstoff
untreated	unbehandelt
strict	streng
precautions	Vorsichtsmaßnahmen
cotton bud	Wattestäbchen
apply	auftragen
thoroughly	gründlich
lip balm	Lippenbalsam, Lippen-
	pflagegestift
soothe	beruhigen
skin-tinted	getönt
habits	Gewohnheiten
SPF	Lichtschutzfaktor,
(sun protection factor)	Sonnenschutzfaktor
Glands	Drüsen
persist	anhalten, fort dauern
carrier bag	Tragetüte, Tragetasche
environment	Umwelt