

HERPES



This is Number 3 in a series of Self-Help pamphlets written by the Santa Cruz Women's Health Collective. We are writing these pamphlets to share and demystify knowledge that concerns women and their bodies. Intrinsic to this is the concept of self-help. What we mean by this is learning and changing through sharing experiences, information and resources. We can educate ourselves to become better aware of our own health needs, and how and where to best meet these needs, thereby learning to be healthier. Self-help also means that instead of turning our bodies over to professionals for diagnosis and treatment in which we take no part, we look to ourselves for knowledge and we make our own decisions about how to care for our bodies.