

# KNOW THE FACTS ABOUT SHINGLES

**Shingles** is a painful blistering rash that develops on one side of the face or body. Shingles is caused by varicella zoster virus, the same virus that causes chickenpox. After a person recovers from chickenpox, the virus stays inactive in their body. The virus can reactivate later, causing shingles.

## Signs

- Pain, burning or tingling.
- Sensitivity to touch
- A red rash that begins a few days after the pain
- Fluid-filled blisters that break open and crust over.
- Itching
- Symptoms usually go away on their own in two or three days

## Spread

- Having direct contact with the fluid from a rash
- Blisters can spread the virus to anyone, even those who have never had chickenpox or the chickenpox vaccine
- Chickenpox is the first form of the disease; shingles can come later in life
- Covering the rash and not touching the blisters helps to reduce spread

## Vaccine

- Shingrix is a vaccine to prevent shingles.
- In adults 50+ who have healthy immune systems, Shingrix is more than 90% effective at preventing shingles and post-herpetic nerve pain.
- You should get Shingrix even if you:
  - Have already had shingles (Shingrix prevents future disease).
  - Received the Zostavax vaccine which was discontinued in 2020.
  - Received the varicella (chickenpox) vaccine.



## Facts

- Most people who develop shingles have only one episode during their lifetime, but some people have more.
- The most common complication of shingles is long-term nerve pain called postherpetic neuralgia.
- Shingles may lead to serious complications involving the eye, including blindness.
- Immunocompromised people and certain others with medical conditions are at greater risk of developing shingles.



**Vaccinate now, protect yourself and others.**

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