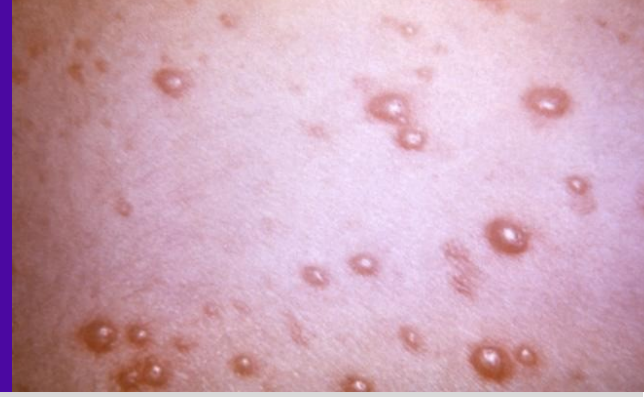


Shingles (Herpes Zoster)



Shingles is caused by the chickenpox virus becoming active in a person's body later in life. Shingles causes blisters that look like a band of raised dots, usually on the side of either the trunk or face. The blisters dry out after a few days. Symptoms can range from mild itching to severe pain.



How is it spread?

- ▶ Shingles is caused by the chickenpox virus becoming active in the body later in life. A person must have had chickenpox disease to develop shingles.
- ▶ A person with the shingles virus can give chickenpox to someone who has not had it.
- ▶ If someone has the shingles rash, they can spread the disease until the blisters caused by the rash become dry and crusted.



What are the signs and symptoms?

- ▶ The first sign is often a tingling, itchiness, or a stabbing pain on the skin.
- ▶ A few days later, a painful rash starts on one side of the body or face. The rash has small, fluid-filled blisters that dry out and crust over after several days.
- ▶ The rash usually disappears within three to five weeks.
- ▶ In some patients, pain will continue for many months after the rash has healed.



What are the treatment options?

- ▶ Medications are available and it is best to start taking them right away.
- ▶ Call your doctor right away if you think you have shingles to discuss treatment.



How can it be prevented?

The best way to prevent shingles is to get vaccinated!

- ▶ To learn more about shingles vaccine options visit: <https://www.cdc.gov/shingles/vaccination.html> and talk with your doctor.
- ▶ Most healthy people who have shingles only have it once in their lifetime.
- ▶ By vaccinating children against chickenpox, they have less chance of getting shingles later in life.

