Vaccine-Preventable Diseases in Adults: Shingles

What is shingles and who is at risk?

- Shingles is a painful, itchy rash that develops on one side of the face or body, typically lasting 7 to 10 days. Shingles is caused by the reactivation of the varicella zoster virus (VZV)[1-3]
- The most common complication is **postherpetic neuralgia (PHN)**, a persistent neuropathic pain in the area where the rash was located, that lasts for months or even years.[1,2] About **10% to 18%** of people who have shingles also experience PHN[2]
- **About 1 in 3 people in the United States will develop shingles** during their lifetime, and an estimated **1 million cases occur each year**[3]
- 99.5% of people 50 years old and older have been infected with VZV, putting them at risk for shingles[3]
- **The risk for shingles increases sharply after age 50** and with certain conditions or therapies that compromise or suppress the immune system (eg, hematologic malignancies or immunosuppressive drugs)[3]
- Patients 50 years old and older may have **additional factors** associated with an increased risk of shingles that include diabetes, asthma, COPD, kidney disease, and cardiovascular conditions[4]

Identify patients at increased risk of developing shingles

What are the current recommendations for shingles vaccination?

- The Centers for Disease Control and Prevention (CDC) recommends[5]:
  - Vaccination to prevent shingles and related complications in adults aged ≥50 years and for adults aged ≥19 years who are or will be immunodeficient or immunosuppressed because of disease or therapy

Discuss the risks associated with shingles and the importance of prevention with appropriate patients

COPD=chronic obstructive pulmonary disease.

CONTINUED ON THE NEXT PAGE ▶

Provided by GSK.

References: 1. About shingles (herpes zoster). Centers for Disease Control and Prevention. Reviewed January 17, 2025. Accessed July 8, 2026. https://www.cdc.gov/shingles/about/index.html **2.** Shingles symptoms and complications. Centers for Disease Control and Prevention. Reviewed April 19, 2024. Accessed July 8, 2026. https://www.cdc.gov/shingles/signs-symptoms/index.html **3.** Clinical overview of shingles (herpes zoster). Centers for Disease Control and Prevention. Reviewed June 27, 2024. Accessed July 8, 2026. https://www.cdc.gov/shingles/hcp/clinical-overview/index.html **4.** Marra F, Parhar K, Huang B, Vadlamudi N. Risk factors for herpes zoster infection: A meta-analysis. *Open Forum Infect Dis*. 2020;7(1):1-8. **5.** Shingles vaccine recommendations. Centers for Disease Control and Prevention. Reviewed October 22, 2024. Accessed July 8, 2026. https://www.cdc.gov/shingles/hcp/vaccine-considerations/index.html

Provided by GSK.

Trademarks are property of their respective owners.

©2026 GSK or licensor.

NPUS-AVULBND260059 September 2026
Produced in USA.