FOR PATIENTS

Vaccine-Preventable Diseases in Adults: Shingles

What is shingles?[1-3]

- Shingles, also known as herpes zoster, is a blistering rash that can be **extremely painful**. The pain has been described as burning, stabbing, or electric shocks. It usually develops on one side of the face or body and typically lasts 7 to 10 days
- The pain during a shingles episode can **disrupt** everyday activities such as work, family time, and sleep
- It is caused by the **same virus that causes chickenpox**, the varicella zoster virus. Once a person recovers from chickenpox, the virus remains in the body and can reactivate later in life and cause shingles
- About **1 in 3** people will develop shingles in their lifetime

Who is at increased risk of developing shingles?[1,4,5]

- People aged **50 years and older**
- In addition to age, people with **certain conditions** like asthma, chronic kidney disease, COPD, cardiovascular diseases, or diabetes
- People who are **immunocompromised** due to a condition such as HIV or cancer, or are taking a medication that suppresses their immune system

What complications can shingles cause?[2]

- Some people may get **nerve pain lasting for months or years** after the rash goes away.

Did You Know?

- Shingles cannot be passed to another person, but the virus that causes shingles can spread and cause chickenpox in someone who has never had chickenpox or has not received the chickenpox vaccine.[1,4]
- The Centers for Disease Control and Prevention (CDC) recommends[6]:
  - 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

Talk to your healthcare provider about how you can get vaccinated and help protect yourself from this painful illness

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