



Shingles (Herpes Zoster)

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What is Shingles?

- A painful rash that affects one side of the body in a single stripe.
- Shingles is the reactivation of the chickenpox virus or varicella-Zoster Virus(VZV).
- This rash along with other symptoms can last up to 2-4 weeks.
- Can be prevented.

Shingles Illness Symptoms

Fever



Headache



Painful Rash



Upset Stomach



Chills



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Signs of Shingles

- Shingles typically affects older adults who have experienced Chicken Pox in their lifetime.
- In addition to experiencing a painful rash one can experience a multitude of different symptoms such as fever, headache, upset stomach, and chills.
- The painful rash takes place on one side of the body and happens in a single stripe.
- Before experiencing the painful rash symptoms, such as: pain, itching, and tingling in the area of the developing rash may occur.



Transmission of Shingles

- varicella zoster virus (VZV) causes Chickenpox, once someone recovers the virus remains dormant in their body. If reactivated then this can result in Shingles.
- It is still possible to get Shingles more than once.
- Though the transmission of varicella zoster virus is low it is still possible, in order to spread VZV one must be directly exposed to the fluid from the rash blisters.
- This exposure can cause Chickenpox in one who has not been exposed to Chickenpox before, and Shingles later in life.





Prevention

In order to prevent shingles the CDC recommends two doses of recombinant zoster vaccine, also known as Shingrix. This vaccine is recommended for adults who are 50 and older.



SHINGRIX

PREVENT SHINGLES

Shingles Vaccine (Shingrix)

The Shingrix vaccine helps prevent Shingles by providing a strong protection.

- Shingrix is a 2 dose vaccination series taken 2 - 6 months apart.
- It is recommended for healthy adults 50 years old and older (there is no maximum age to receive the shingrix vaccine).
- You should get the shingles vaccine (Shingrix) even if you have had shingles in the past.
- You should still get the shingles vaccine (Shingrix) even if you have received the chickenpox vaccine(Varicella).
- If you have received Zostavax in the past it is recommended that you still receive Shingrix.

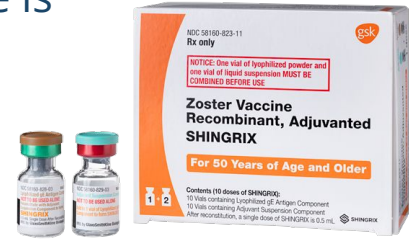


Photo Example

This is an example of a shingles rash on the neck.

Source: PHIL Photo ID# 18254



Treatment for Shingles

- ● Treatment is one of the first routes of patient care, such treatment consists of antiviral medications such as acyclovir, valacyclovir, and famciclovir these medications help shorten the length of the illness as well as the severity.
- In addition to this pain medication can be taken to help with the pain associated with shingles.
- A wet compress, calamine lotion, and warm oatmeal bath are ways to help to alleviate some of the symptoms caused by shingles.





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**If you have any questions, please
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