

# WHAT DO YOU KNOW ABOUT SHINGLES?

## What is Shingles (Herpes Zoster)?

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).

Can last up to 2-4 weeks



## What Causes Shingles?

The actual cause of the reactivation of the dormant virus is unknown. It is most common in individuals who have had chicken pox and are...



Over the age of 60 (risk increases with age)



Immunocompromised



Under great stress or experiencing illness or injury

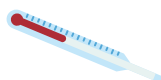
## What are the Symptoms of Shingles?



Headache



Upset  
Stomach



Chills &  
Fever



Pain



Painful  
rash



Tingling

## What is the Shingles Vaccine?



It is a nonliving vaccine made up of a virus component.

The only way to reduce the risk of Shingles is to get the Shingles vaccine called Shingrix

## What is the Recommended Dose?

All adults receive the same 2 doses

Given 2-6 months apart



## Who Can Get the Shingles Vaccine?

It is recommended for adults aged 19+ who are immunocompromised and healthy adults who are 50+.