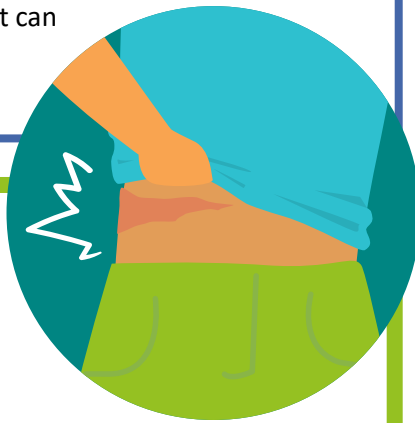


Shingles



What is it?

Shingles, also known as herpes zoster, is a disease caused by the varicella-zoster virus. This virus also causes chickenpox. After a person recovers from chickenpox, the virus stays in the body but is inactive. It can reactivate years later and cause shingles.



Symptoms

- Fever
- Chills
- Headache
- Upset stomach
- Painful rash of blister-like sores, usually on one side of the body, often on the face or torso
- Pain, itching, or tingling skin

When sick

- Stay home until blisters are dried and crusted over
- If you can't stay home, keep the blisters covered
- Manage pain and fever
- Contact your healthcare provider to seek treatment
- Drink fluids
- Rest



Ways to prevent shingles

Get vaccinated! Everyone who has not had chickenpox should get a chickenpox vaccine. People 50 and older should get vaccinated with a shingles vaccine.

How is shingles spread?

- Anyone who has had chickenpox can get shingles.
- You cannot get shingles from someone with shingles.
- People with shingles can spread the virus to people who have not had chickenpox or been vaccinated for it. When this happens, they get chickenpox.

Who is at risk for severe illness?

The most common complication from shingles is prolonged pain in the rash area called post-herpetic neuralgia (PHN). The risk of shingles and PHN increases with advanced age. For some people, the pain can last for months or years after the rash goes away.

- Infants are at greater risk for infection with chickenpox due to an exposure to shingles
- Adults who have not had chickenpox or been vaccinated are also at risk for infection with chickenpox and can have more severe symptoms
- People who have compromised immune systems
- People who are pregnant

There is a vaccine available for those who cannot be vaccinated with the traditional vaccine.

Communicable Disease Investigation & Prevention
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Learn more
about shingles

