

# 5 THINGS YOU NEED TO KNOW ABOUT SHINGLES



Shingles is a disease that causes a painful skin rash.

About **1 in 3 people** will get shingles, and your risk increases as you age.

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It comes from the same virus that causes chickenpox. Although there is no cure, shingles can be prevented and treated.

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**Here are 5 things you need to know about shingles:**

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**Anyone** who has recovered from chickenpox, and even children, can get shingles.

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2

**Symptoms** of shingles include burning or shooting pain, tingling or itching, chills, fever, headache, upset stomach, and rashes or blisters that develop on one side of the body, usually on your face or around your waist. **There are medicines that may help.**



3



Healthy adults age 50 and older should talk to their healthcare professional about getting the **shingles vaccine** to reduce their risk.

4

Generally shingles is not contagious, but a person with active shingles can spread the virus when the rash is in the blister phase. It's important to **keep the rash covered.**



5



Most cases of shingles **last 3-5 weeks.** Most people get shingles only one time, but, it is possible to have it more than once.

If you think you might have shingles, talk to your doctor as soon as possible. Visit <https://www.nia.nih.gov/health/shingles> to learn more about shingles.