FAMILIES TOGETHER OF ORANGE COUNTY

SHINGLES: WHAT YOU NEED TO KNOW

ABOUT 1 IN 3 PEOPLE IN THE U.S. WILL HAVE SHINGLES IN THEIR LIFETIME.

WHAT IS SHINGLES?

Shingles is caused by a virus called varicella-zoster, which manifests as a painful rash. This virus also causes chickenpox. After you have chickenpox, usually in childhood, the virus stays in your body and can come back later in life as shingles.

SYMPTOMS:

- **Pain:** Shingles can make you feel pain like burning or tingling. It hurts before a rash shows up.
- **Rash:** A red rash with blisters appears after the pain. It turns into scabs as it heals.
- **Itching:** The rash might make you feel itchy.
- **Other symptoms:** You might also feel feverish, have a headache, feel tired, or be sensitive to light.
- **Complications:** Long-term neuropathic pain.

WHO'S AT RISK:

- **Age:** Shingles is more common in older adults, especially those over 50.
- **Weak immune system:** People with weak immune systems are at higher risk.
- **Stress:** Stress can make it easier for shingles to come back.
- **History of chickenpox:** If you had chickenpox before, you're at risk for shingles.

TREATMENT:

Doctors can give medicine to help with shingles symptoms and prevent problems. Tell your doctor if you think you have shingles, especially if you're at higher risk. Getting help early can make you feel better faster.

PREVENTION:

THE BEST WAY TO PROTECT YOURSELF FROM SERIOUS COMPLICATIONS IS TO RECEIVE THE VACCINE.

GET VACCINATED!

The shingles vaccine is recommended for adults over 50, as well as for individuals 19 and older with weakened immune systems, even if you had shingles before. It helps prevent shingles and its complications. Families Together offers shingles vaccines to help protect you and your loved ones. Don't wait – take a proactive step towards your health today!

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