

7 Things You Need To Know About Shingles

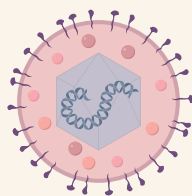


Shingles is a disease that causes a painful skin rash. About **one in three** people will get shingles, and your risk increases as you age.

Shingles is caused by the same virus that causes chickenpox. Although there is no cure, shingles can be prevented and treated. Here are more facts to know about shingles:

1

Anyone who has had chickenpox can get shingles.



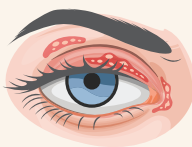
2

Symptoms often start as burning or tingling pain on one side of the body or face, followed by a rash that turns into fluid-filled blisters.



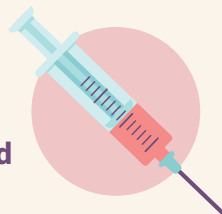
3

Complications can be serious. Long-term nerve pain is the most common complication of shingles. Blisters near or in the eye can cause lasting eye damage and blindness.



4

Shingles is **preventable**. Most adults age 50 and older should **get vaccinated** to reduce their risk.



5

You can't get shingles from someone who has shingles. However, if you haven't had chickenpox or the chickenpox vaccine, you can get chickenpox from someone who has shingles. Keep any rash covered to **reduce the risk of spreading the virus**.



6

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



7

Early treatment with antiviral medications can help the blisters clear up faster and limit severe pain.



If you think you may have shingles, talk to your doctor as soon as possible. To learn more about shingles, visit www.nia.nih.gov/health/shingles.