

SHINGLES

PREVENTION STARTS WITH AN INFORMED CONVERSATION

If you're 50 years or older, you may be at risk of Shingles disease with the symptoms of painful, blistering rash - no matter how healthy you may feel. You can use this guide at your next doctor's appointment to learn more.

QUICK FACTS^{1,2}

Shingles is caused by the reactivation of the varicella zoster virus, the same virus that caused chickenpox.



Over 90% of adults 50 years and older already carry the virus, and 1 in 3 will get Shingles in their lifetime.



Shingles symptoms may include painful rash and intense itching.



While most people recover, Shingles can lead to painful long-term complications.



Shingles can disrupt your life for weeks, months, or even years.



**SHINGLES
AWARENESS
WEEK**

ENJOY YOUR LIFE AWAY FROM SHINGLES PAIN

GET THE **CONVERSATION STARTED**

HERE ARE SOME QUESTIONS TO GUIDE YOUR DISCUSSION

1

I am over 50 but feel healthy and try to stay fit.
Am I still at risk for Shingles?

2

People talk about the terrible impact Shingles pain has had on their lives.
Is it that painful?

3

Can you **tell me more** about the potential **long-term complications of Shingles?**

4

If I haven't had chickenpox,
can I get Shingles?

5

I've had Shingles before.
Can I get it again?

ENJOY YOUR LIFE AWAY FROM
SHINGLES PAIN

**Take to your Doctor about
Shingles disease and how
you can be protected**

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In case of any side effects belongs to medication,
please contact the SFDA on: 19999

References

1. MedicineNet. Patient Comments: Shingles-Symptoms & Signs, September 2013. Available at: <http://www.healthline.com/health/shingles-pictures#first-symptoms>, Accessed July 2022. en
2. CDC. MMWR. Prevention of Herpes Zoster, June 2008. Available at: <http://www.cdc.gov/mmwr>, Accessed July 2022.

