



**LATINOS**  
**LIVING HEALTHY**  
Building Healthy Communities

## SHINGLES

Shingles is a painful rash or blisters that appear on the skin. Shingles is also known as herpes zoster. It is caused by the varicella-zoster virus - the same virus that causes chickenpox. After you have chickenpox, the virus remains in your body. It may not cause problems for many years. But as you get older, the virus may reappear as shingles (**Medline Plus**)

The shingles virus is not contagious, however people can catch chickenpox from someone who has shingles. If you have never had chickenpox or the chickenpox vaccine you should stay away from someone who has shingles.

Those who have previously had chickenpox are at risk of developing shingles. The risk gets higher the older one gets. Shingles is most common in people over the age of 50. People with a weakened immune system are more likely to get shingles.

Most commonly, the rash occurs in a single stripe around either the left or the right side of the body. In other cases, the rash occurs on one side of the face. Shingles on the face can affect the eye and cause vision loss. In rare cases (usually in people with weakened immune systems), the rash may be more widespread on the body and look similar to a chickenpox rash (**CDC**)

Other symptoms of shingles can include

### FEVER



### HEADACHE



### CHILLS



### UPSET STOMACH



CDC recommends two doses of recombinant zoster vaccine (RZV, Shingrix) to prevent shingles and related complications in adults 50 years and older. You need two doses of the vaccine, given 2 to 6 months apart. Shingrix is also recommended for adults 19 years and older who have weakened immune systems because of disease or therapy (**CDC**).