



SHINGLES is a viral infection that causes a painful rash. It most often appears as a single strip of blisters on either the left or right side of your midsection.

Prevention

- Chickenpox Vaccine

The varicella vaccine (Varivax) has become a routine childhood vaccine. It's recommended for adults who've never had chickenpox. It doesn't guarantee you won't get chickenpox but can reduce risk.

- Shingles Vaccine

It doesn't guarantee you won't get shingles but can reduce risk. It's not intended to treat those who currently have the disease.

Symptoms

- Pain, burning, numbness or tingling
- Sensitivity to touch
- A red rash that begins a few days after pain
- Fluid-filled blisters that break open and crust over
- Itching

SOME PEOPLE ALSO EXPERIENCE:

- Fever
- Headache
- Sensitivity to light
- Fatigue