Shingles is a disease caused by the varicella zoster virus, the same virus that causes chickenpox. After a person recovers from chickenpox, the virus stays dormant (inactive) in the body. The virus can reactivate years later, causing shingles. People who were vaccinated for chickenpox can also get shingles. An estimated 1 million cases of shingles occur annually in the United States. Your risk for shingles increases as you age, or if your immune system becomes compromised.

Nearly 1 in 3 Americans will get shingles in their lifetime.

**SYMPTOMS**

The most common symptoms of shingles are pain, itching or tingling of the skin, followed by a painful rash of blister-like sores, which may occur on one side of the body — often on the face or torso. Additional signs and symptoms include fever, headache, chills, and upset stomach.

**LONG-TERM EFFECTS**

- **Post-Herptic Neuralgia**
  Pain persisting after the rash has healed, which may last weeks, months or even years
- **Cardiovascular Problems**
  Examples: heart attack, stroke
- **Neurallogic Problems**
  Examples: Bell’s palsy, encephalitis
- **Vision Loss**
  Herpes Zoster Ophthalmicus


This educational activity is supported by an educational grant from GlaxoSmithKline.
SHINGLES VACCINATION

Should I get vaccinated for shingles?

The only shingles vaccine currently available in the United States is Shingrix (recombinant zoster vaccine). A different type of shingles vaccine called Zostavax (zoster vaccine live) was removed from the market in November 2020.

Vaccination to prevent shingles and related complications is recommended in adults 50 years and older. Shingrix is also recommended for adults 19 years and older who have weakened immune systems because of disease or therapy.

You should get Shingrix even if you:

- Are getting another compatible vaccine today (e.g., COVID-19, flu, etc.).
- Have had shingles.
- Received Zostavax in the past.
- Received varicella (chickenpox) vaccine.

What should I know about Shingrix?

Shingrix is administered in two doses, separated by two to six months. People with weakened immune systems may receive the doses one to two months apart.

Shingrix provides strong protection against shingles and post-herpetic neuralgia. In adults 50 years and older who have healthy immune systems, Shingrix is more than 90% effective at preventing shingles and post-herpetic neuralgia. In adults with weakened immune systems, studies show that Shingrix is 68%-91% effective in preventing shingles, depending on the condition that affects the immune system.

SHINGRIX SIDE EFFECTS

Shingrix causes a strong immune response, so some short-term side effects may occur. These side effects are expected and usually go away on their own in two or three days.

- Pain at injection site.
- Tiredness.
- Headache.
- Fever.
- Shivering.
- Muscle pain.
- Nausea.


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