

# Protect yourself from **shingles**...

## Get vaccinated!

### What is shingles?

Shingles is a painful disease caused by the same virus that causes chickenpox. It is also called zoster.

Shingles usually includes a painful rash with blisters that can occur anywhere on your body, even the face and eyes.

The main symptom of shingles is severe pain. Some people have compared it with the pain of childbirth or kidney stones.

### Is it serious?

Get vaccinated against shingles if you're 60 or older!

Yes. For about 1 out of 5 people with shingles, severe pain can continue for months, or even years.

This long-lasting pain can be so bad that it interferes with eating and sleeping. Some people with severe pain from shingles have even committed suicide.

Although some medicines can help treat shingles, there is no cure.



### Am I at risk?

Anyone who has ever had chickenpox can get shingles. You are more likely to develop shingles as you get older.

### How can I protect myself from shingles?



The best way to prevent shingles and its serious complications is to get vaccinated.

You should get the shingles shot if you are age 60 years or older, even if you've already had shingles. It is possible to get the disease more than once.

► For more information, visit [www.vaccineinformation.org](http://www.vaccineinformation.org)

For other vaccine handouts in this series, visit [www.immunize.org/vaccine-summaries](http://www.immunize.org/vaccine-summaries)

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