



## Health Maintenance Tip

### What is Shingles?



Shingles, also known as zoster or herpes zoster, is a painful skin rash caused by the varicella zoster virus, the same virus that causes chickenpox. If you've had chickenpox, you are at risk of getting shingles.

One out of every three people 60 years old or older will get shingles. One out of every six people older than 60 years who get shingles will have severe pain. The pain can last for months or even years.

### How to Protect Yourself Against Shingles

Adults 60 or older should talk to their healthcare professional about getting a one-time dose of the shingles vaccine. It can reduce your risk of shingles and the long term pain it can cause. Persons who have already had shingles or who have a chronic medical condition can receive the shingles vaccine.

In a clinical trial involving thousands of adults 60 or older, the vaccine reduced the risk of shingles by about half. Even if the shingles vaccine doesn't prevent you from getting shingles, it can still reduce the chance of having long-term pain.

**Source:** <http://www.cdc.gov/vaccines/hcp/adults/downloads/fs-shingles.pdf>