SHINGLES FACT SHEET

What is Shingles?
Shingles, or herpes zoster, is a condition caused by the same virus that causes chickenpox. The virus can lie dormant in the body, and when reactivated, causes shingles. 1 in 3 people in the United States will develop shingles. This is not the same virus or condition as genital herpes.

How can it be spread?
• Shingles cannot be spread from person to person.
• The virus that causes shingles can be spread from a person with shingles to another. This might cause chickenpox, but not shingles. This virus is spread through direct contact with fluid from the rash blisters from shingles.
• If you have shingles, cover the rash and avoid scratching. Wash your hands often.

What are the symptoms?
• Painful rash that develops on one side of the face or body. The rash will form blisters that scab over.
• Most typically, the rash occurs in a single stripe around the left or right of the body.
• Fever
• Headache
• Chills
• Upset stomach
• Typically scabs over in 7 to 10 days and clears up in 2-4 weeks

How is it treated?
• Several antivirals are available. These will shorten the length and severity of the illness. Speak to your healthcare provider to discuss treatment recommendations.
• Common pain medications can reduce the pain. Wet compresses, calamine lotion, and colloidal oatmeal baths may reduce the itching.

How can it be prevented?
• The only way to prevent the development of shingles is to get the shingles vaccine.

More Information: http://www.cdc.gov/shingles