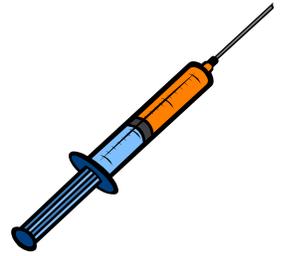


The Shingles Vaccine

Shingles is a disease that affects the nerve endings. It causes severe pain and blisters. Nearly 1 million people in the U.S. will get **Shingles** each year. **Shingles** is more common among older people. People with a weakened immune system may also get **Shingles**.



Shingles is caused by infection with the **Herpes Zoster** virus, the same virus that causes chickenpox. After a chickenpox infection clears up, the virus stays in the body. Usually the virus doesn't cause any problems. Many years later, however, the virus can reactivate and cause **Shingles**. **Shingles** usually starts with pain, itching, or tingling on one side of the face or body. A rash with blisters will then appear. You can also have a fever, chills, headache, and an upset stomach. The rash can last from 2 weeks to a month. About 10-30 of every 100 people who have **Shingles** will have severe pain long after the rash is gone.

The **Herpes Zoster** vaccine can help protect you against **Shingles**. The vaccine is safe. It is given as a single shot.

Talk with your primary care provider about receiving the **Herpes Zoster** vaccine if you:

- Are an adult aged 60 or older
- Do not have an allergy to gelatin, neomycin, or another component of the vaccine
- Do not have a weakened immune system

You may experience some redness, soreness, swelling, and itching where the needle went in. You may also experience a headache after the shot.