

## HERPES ZOSTER (SHINGLES)

Anyone who has had chickenpox can get shingles. After the chickenpox clears, the virus stays in the body. If the virus reactivates (wakes up), the result is shingles — a painful, blistering rash.

Shingles is most common in older adults. A vaccine, which can prevent shingles, is available to people ages 60 and older. Dermatologists recommend this vaccine for everyone 60 and older.

---

If shingles develops, dermatologists recommend treatment.

---

If you get shingles, an anti-viral medicine can make symptoms milder and shorter. The medicine may even prevent long-lasting nerve pain. Anti-viral medicine is most effective when started within 3 days of seeing the rash.

Source: [American Academy of Dermatology](#)