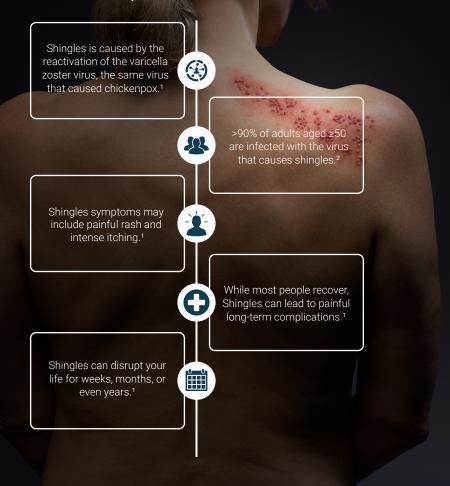


## SHINGLES

### PREVENTION STARTS WITH AN INFORMED CONVERSATION

If you're 50 years or older, you may be at risk of Shingles disease with the symptoms of painful, blistering rash - no matter how healthy you may feel. You can use this guide at your next doctor's appointment to learn more.

### **QUICK FACTS:**





### DON'T WAIT FOR SHINGLES PAIN TO STRIKE

# GET THE **CONVERSATION STARTED**

## HERE ARE SOME QUESTIONS TO GUIDE YOUR DISCUSSION



I am over 50 but feel healthy and try to stay fit. Am I still at risk for Shingles?



People talk about the terrible impact Shingles pain has had on their lives. Is it that painful?



Can you **tell me more** about the
potential **long-term complications of Shingles?** 



If I haven't had chickenpox, can I get Shingles?



I've had Shingles before.

Can I get it again?

TAKE ACTION BEFORE THE VIRUS DOES.

### ASK YOUR DOCTOR ABOUT THE RISK AND IMPACT OF SHINGLES TODAY

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#### References

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