

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:

Shingles is caused by the reactivation of the varicella zoster virus, the same virus that caused chickenpox.¹



>90% of adults aged ≥ 50 are infected with the virus that causes shingles.²



Shingles symptoms may include painful rash and intense itching.¹



While most people recover, Shingles can lead to painful long-term complications.¹



Shingles can disrupt your life for weeks, months, or even years.¹



DON'T WAIT FOR SHINGLES PAIN TO STRIKE

GET THE **CONVERSATION STARTED**

HERE ARE SOME QUESTIONS TO GUIDE YOUR DISCUSSION

1

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

2

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

3

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

4

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

5

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

NP-PH-5GX-WCNT-230003 Date of Preparation: July 2023
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To report adverse events please email us:
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References

1. CDC. MMWR. Prevention of Herpes Zoster, June 2008. Available at: <http://www.cdc.gov/mmwr>. Accessed July 2023.
2. Kilgore P et al. Journal of medical virology;2003;70;5111-8.

