

What is Shingles?

Shingles, also known as zoster or herpes zoster, is a painful skin rash caused by the varicella zoster virus, the same virus that causes chickenpox. If you've had chickenpox, you are at risk of getting shingles

- One out of every three people 60 years old or older will get shingles.
- One out of six people older than 60 years who get shingles will have severe pain. The pain can last for months or even years.
- The most common complication of shingles is severe pain where the shingles rash was. This pain can be debilitating.
- Shingles may also lead to serious complications involving the eye. Very rarely, shingles can also lead to pneumonia, hearing problems, blindness, brain inflammation (encephalitis), or death.

Who are at risk?

Anyone who has recovered from chickenpox may develop shingles; even children can get shingles. However, the risk of shingles increases as you get older. About half of all cases occur in people 60 years old or older.

Some people have a greater risk of getting shingles. This includes people who

- have medical conditions that keep their immune systems from working properly, such as certain cancers like leukemia and lymphoma, and human immunodeficiency virus (HIV), and
- receive immunosuppressive drugs, such as steroids and drugs that are given after organ transplantation.

Most people who develop shingles have only one episode during their lifetime. However, a person can have a second or even a third episode.

Shingles-related complications

The most common complication of shingles is **post-herpetic neuralgia (PHN)**. People with PHN have severe pain in the areas where they had the shingles rash, even after the rash clears up. The pain from PHN may be severe and debilitating, but it usually resolves in a few weeks or months. Some people can have pain from PHN for many years. Very rarely, shingles can also lead to pneumonia, hearing problems, blindness, brain inflammation or death.

For more information

- Talk to your healthcare professional
- Visit www.cdc.gov/shingles

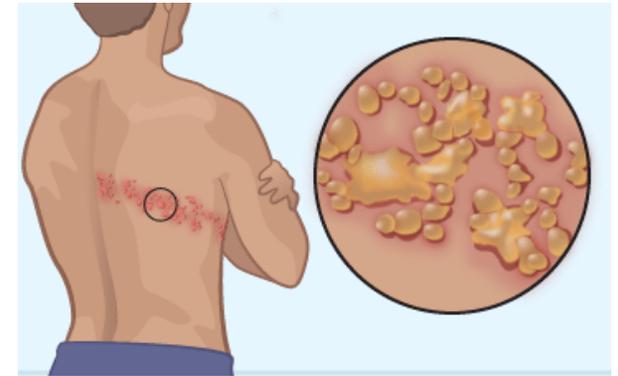


Mission

The mission of the Asian Pacific Health Foundation (APHF) is to advance health and wellness for the vulnerable groups in San Diego by providing health education and free community health screenings for hepatitis B and C, diabetes, hypertension, and osteoporosis at community centers.

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In the U.S., currently 1 million people get shingles every year, and about one out of every three people will get shingles in their lifetime.

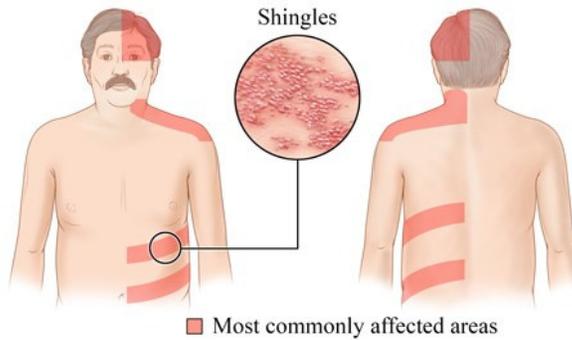
Zoster (Shingles)

General Information

The Information provided is a courtesy of CDC.

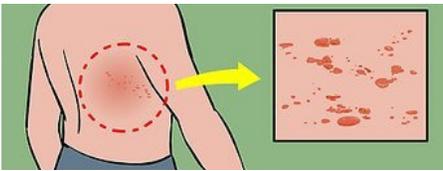


What are the symptoms?



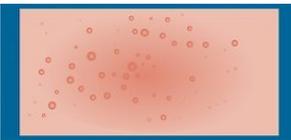
Stage 1: Before the rash appears

- Pain, burning, tickling, tingling, numbness occurs, usually on chest or back
- Chills, stomachache, or diarrhea
- Swelling and tenderness of the lymph nodes



Stage 2: Rash and blisters appear

- Rash appears on one side of the body, forehead, cheek, nose, and around one eye which may threaten your sight
- Blisters form, may break open, ooze
- Pain -- "piercing needles in the skin"



Stage 3: Chronic pain

- Aching, burning, stabbing pain in the area of rash
- Pain that may linger for years
- Extreme sensitivity to touch
- Difficult to eat, sleep, and do daily activities
- May lead to depression



How is Shingles transmitted?

- Shingles cannot be passed from one person to another. However, **the virus that causes shingles, the varicella zoster virus, can spread from a person with active shingles to cause chickenpox** in someone who had never had chickenpox or received chickenpox vaccine.
- The virus is **spread through direct contact with fluid from the rash blisters caused by shingles.**
- A person with **active shingles can spread the virus when the rash is in the blister-phase.** A person is not infectious before the blisters appear. Once the rash has developed crusts, the person is no longer infectious.
- Shingles is less contagious than chickenpox and the risk of a person with shingles spreading the virus is low if the rash is covered.

If you have shingles, you should:

- 1) Cover the rash.
- 2) Avoid touching or scratching the rash.
- 3) Wash your hands often to prevent the spread of varicella zoster virus.
- 4) Avoid contact with the people below until your rash has developed crusts
 - pregnant women who have never had chickenpox or the chickenpox vaccine;
 - premature or low birth weight infants; and
 - people with weakened immune systems, such as people receiving immunosuppressive medications or undergoing chemotherapy, organ transplant recipients, and people with human immunodeficiency virus (HIV) infection.



Protect Yourself Against Shingles

The only way to reduce the risk of developing shingles and the long-term pain from post-herpetic neuralgia (PHN) is to **get vaccinated.**



** CDC recommends that people aged 50 years and older get shingles vaccine **

- Shingles vaccine is available in pharmacies and doctor's offices.

What is Shingrix?

- Shingrix is a non-live vaccine to prevent shingles.
- FDA approved 10/20/17.
- The preferred vaccine for preventing shingles and related complications.
- 97% effective against shingles for people between the ages of 50 and 69 and 91% effective for people 70 or older.
- Recommended for adults who previously received the current shingles vaccine (Zostavax®)
- Recommended for 50 years and older.
- Two doses. Second dose is 2 to 6 months after first dose.

How is Shingles treated?

- Several antiviral medicines are available to treat shingles and shorten the length and severity of illness. People with shingles should start taking these medicines as soon as possible after the rash appears to be the most effective. Talk to your doctor immediately if you think you might have shingles.
- Analgesics may help relieve the pain caused by shingles. Wet compresses, calamine lotion, and colloidal oatmeal baths may help relieve some of the itching.