

Did You Know?

SHINGLES

Shingles (also known as herpes zoster) is a disease caused by the reactivation of the varicella zoster virus (VZV).

Initial infection with the VZV causes varicella (also known as chickenpox). The virus will then lie dormant in spinal nerve cells for years. Reactivation of the virus causes a painful rash called shingles.

A SERIOUS DISEASE



APPROXIMATELY 1
MILLION AMERICANS
ARE DIAGNOSED WITH
SHINGLES EACH YEAR

The risk of
developing shingles
increases with age



Pain associated with
shingles usually lessens as it
heals, but for

1 in **5**



shingles can cause
**post-herpetic
neuralgia**

COMPLICATIONS FROM SHINGLES

- rash, itching and tingling
- skin infections and/or scarring
- burning and/or pain



Post-herpetic neuralgia is severe nerve pain, which can last for months — or even years.



Immunization PREVENTS the reactivation of shingles.



Talk to your healthcare provider
about the shingles vaccine.

ADULTS 50 YEARS AND OLDER SHOULD GET TWO DOSES OF SHINGRIX,
SEPARATED BY 2 TO 6 MONTHS.



Maine Department of Health and Human Services

Maine CDC

Maine Center for Disease Control and Prevention