

Fast Facts

Shingles

- Viral infection caused by herpes zoster
- Related varicella-zoster virus (chicken pox)
- Occurs in anyone who had chicken pox, but usually doesn't appear until most people are over the age of 50 (other things can trigger an earlier occurrence)
- Infection usually lasts 2-6 weeks
- Most only get shingles once, but some may get it two or more times

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none">-Pain/burning/numbness/tingling/itching to the affected area-Area sensitive to touch-Red rash that begins a few days after the pain-Fluid-filled blisters that break open and crust over-Usually on one side of the torso, but it can occur anywhere (on one side of the neck/face or around one eye)	<ul style="list-style-type: none">-Highly contagious-Prompt treatment key-Anti-viral medication-Pain medication (topical or oral)-Cool bath or using cool, wet compresses on the blisters-Reduce stress	<ul style="list-style-type: none">-Vaccination-Good handwashing

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