

Fast Facts		
Shingles		
<ul style="list-style-type: none"> -Viral infection caused by herpes zoster -Related varicella-zoster virus (chickenpox) -Occurs in anyone who has had chickenpox 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 		
Symptoms	Treatment	Prevention
<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 -Appears 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 use cool, wet compresses on the blisters -Reduce stress 	<ul style="list-style-type: none"> -Vaccination -Good handwashing

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