

# There's a 99% chance you have the shingles virus if you're over 50.

1 in 3 people will get shingles in their lifetime.

## What is shingles?

Shingles, also known as herpes zoster, is a painful skin rash. Generally, people only develop shingles once, but it is possible to get shingles more than once. Shingles is most common in people 50 years and older.

## What causes shingles?

Shingles is caused by the same virus that causes chickenpox. If you've had chickenpox, you have the shingles virus inside you already, but it is inactive. As you get older, your immune system naturally weakens, increasing your risk of the virus reactivating as shingles. Even healthy, active people can get shingles.

## How common is shingles?

There are ~1 million cases in the US each year.

## What are the possible complications of shingles?

A common complication is called postherpetic neuralgia (PHN). People with PHN can experience severe pain for months or years in the same area where they had the shingles rash—even after the rash clears up. The risk of developing PHN increases as you get older. Other possible complications include: scarring, complications with vision if the rash appears around the eye, a secondary infection, and partial weakness/paralysis of the areas served by affected nerves.

## What are the symptoms of shingles?

Shingles typically produces a painful rash that blisters and scabs over in 7 to 10 days and clears up within 2 to 4 weeks.

1 to 5 days before the rash appears, people may experience pain, itching, tingling, or numbness in the area where the rash will develop.

The rash usually erupts in a single stripe on either the left or right side of the body, or sometimes the face, along a nerve path. It could develop on the arm, thigh, head – even the ear or eye. It's most common on the chest and abdomen. Symptoms of shingles may also include fever, headache, and a sense of not feeling well.



## Is shingles contagious?

No. Shingles cannot be passed from one person to another. However, the virus can be spread from a person with shingles to someone who has never had chickenpox or to someone who is not protected against chickenpox.

## Can shingles be prevented?

The only way to reduce the risk of shingles is to get vaccinated. Talk with your doctor or your pharmacist if you have questions.

Learn how you can help protect yourself with shingles vaccination at

**KnowShingles.com**

Ask your pharmacist or other healthcare professional about shingles vaccination today.

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