**Shingles Organic Social Posts**

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| Did you know 1 in 3 adults will get shingles? If you’re 50 or older, talk to your healthcare provider about the shingles vaccine — your best protection against the virus and its serious health risks.Learn more: https://hhs.iowa.gov/immunization/ask-meSource: CDC | A person and person talking  Description automatically generated  |
| Shingles can cause a painful, itchy rash — and may lead to long-term nerve pain, vision loss and other serious health problems. If you’re 50 or older or 19 or older with a weakened immune system, protect yourself by asking your healthcare provider about the shingles vaccine. Learn more: https://hhs.iowa.gov/immunization/ask-meSource: CDC | A doctor talking to a group of people  Description automatically generated  |
| Shingles doesn’t have to be part of getting older. The shingles vaccine is over 90% effective at preventing the virus in adults 50 and older with healthy immune systems. Protect yourself — ask your healthcare provider about the shingles vaccine. Learn more: https://hhs.iowa.gov/immunization/ask-me Source: CDC | A person looking at another person  Description automatically generated  |