



# Stay Safe From Shingles

1 in 3 people will get shingles.  
Prevention is possible.

Say no to shingles (herpes zoster virus). Shingles can cause a painful skin rash and lead to serious health problems, such as long-term nerve pain and vision loss.

Shingles stays dormant in your nervous system after you recover from chickenpox. Your risk of shingles increases with age.

The shingles vaccine is the best way to protect against the virus and its complications. The shingles vaccine is recommended for:

- Adults 50 and older.
- Adults 19 and older with weakened immune systems.



**Ask your healthcare  
provider about the  
shingles vaccine.**