

Prevent Shingles

Facts About the Herpes Zoster Virus

1 in 3 

people will get shingles. Most cases of shingles last 3–5 weeks. It's also possible to have shingles more than once.

Shingles is caused by the same virus as chickenpox. **Anyone who has had chickenpox can also get shingles.**



Shingles is a painful, blistering rash that can lead to serious symptoms, such as long-term nerve pain and vision loss.



The shingles vaccine is the best way to **protect against the virus** and its complications.

It's recommended that **adults 50 and older** get the shingles vaccine.



Ask your healthcare provider about the shingles vaccine.



Health and
Human Services

Source: cdc.gov