**FOR IMMEDIATE RELEASE**

Date

**For more information, contact:**

Name

Title

Phone

Email Address

**[Name of Public Health Agency] Promotes Shingles Prevention**

**for Iowans 50 Years and Older**

(City, IOWA) – [Name of Public Health Agency] and the [Iowa Department of Health and Human Services](https://hhs.iowa.gov/) (Iowa HHS) are working together to raise awareness about shingles (herpes zoster virus) and the vaccine that helps prevent it. Shingles is a viral infection that affects one in three people during their lifetimes, causing a painful rash that can lead to chronic nerve pain, vision loss and other serious health problems. Despite these risks, many people don’t know that shingles is preventable.

Shingles is caused by the varicella-zoster virus, which stays dormant in the nervous system after someone recovers from chickenpox. Years later, the virus can reactivate as shingles, resulting in a blistering rash on one side of the face or body. While most cases resolve in three to five weeks, shingles can return. According to the Centers for Disease Control and Prevention (CDC), about one in 10 people who get shingles also suffer from postherpetic neuralgia, a type of nerve pain that can last for months or even years.

“Shingles might be unpredictable, but preventing it doesn’t have to be,” said [Name, Title]. “The shingles vaccine is a safe and effective way to protect against this painful and sometimes disabling disease, especially for people age 50 and older who are at higher risk for serious complications, such as blindness, pneumonia and hearing problems.”

–more–

**About the Shingles Vaccine**

The shingles vaccine is safe and prevents the virus and its complications. The CDC reports the vaccine is more than 90% effective for adults 50 and older with healthy immune systems.

Iowans are encouraged to talk to their healthcare providers about staying up to date on vaccinations. The shingles vaccine is recommended for the following people:

* All adults 50 and older
* Adults 19 and older with weakened immune systems
* Anyone who has had chickenpox or shingles
* Those who received a chickenpox vaccine
* Those who previously received the now-discontinued Zostavax vaccine

The CDC recommends two doses of the shingles vaccine, with the second dose given one to two months after the first.

For more information about shingles, visit the [CDC website](https://www.cdc.gov/shingles/index.html).

**About [Name of Public Health Agency]**

[Add boilerplate copy for health agency here. This is a summary of the organization. It should highlight key information such as the mission, services and notable achievements. The goal is to provide context about the organization and establish credibility for unfamiliar readers.]

For more information, visit the [Name of Public Health Agency] website: [link to website].

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**Source:**

[CDC.gov](https://www.cdc.gov/shingles/vaccines/index.html)