



SHINGLES

PREVENTION STARTS WITH AN INFORMED CONVERSATION

If you're 50 years or older, the risk of getting this painful, blistering rash is very real — no matter how healthy you may feel^{1,2}. Use this guide at your next doctor's appointment to learn more.

QUICK FACTS:



DON'T WAIT FOR SHINGLES PAIN TO STRIKE

GET THE **CONVERSATION** STARTED

HERE ARE SOME QUESTIONS TO GUIDE YOUR DISCUSSION

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I am over 50 but feel healthy and try to stay fit. **Am I still at risk for shingles ?**

People talk about the terrible impact shingles pain has had on their lives. **Is it that painful?**

Can you **tell me more** about the potential **long-term complications of shingles?**

If I haven't had chickenpox, **can I get shingles?**

I've had shingles before. **Can I get it again?**

TAKE ACTION BEFORE THE VIRUS DOES. **TALK TO YOUR DOCTOR.**



References: 1. Gov.UK. Shingles (herpes zoster). 2021;1-16:28a; 2. Mayo Clinic. Shingles. 2019;1-4; 3. Bollaerts K, et al. Epidemiology and infection: A systematic review of varicella seroprevalence in European countries before universal childhood immunization: deriving incidence from seroprevalence data. 2017;145:2666-2677; 4. Harpaz R, et al. MMWR Prevention of Herpes Zoster. 2008;Vol.57 RR-5; 5. Drolet M. Herpes Zoster: Postherpetic Neuralgia and Other Complication.2017;Chapter11:119-140.