



Indiana State  
Department of Health  
Epidemiology Resource Center

## **Quick Facts: Shingles (Herpes Zoster)**

### **What is shingles?**

Only people who have had chickenpox can develop shingles. Shingles is caused by a reactivation of varicella zoster virus, the same virus that causes chickenpox. After having chickenpox, the virus lies in a dormant state in certain nerve cells of the body and then can reactivate, causing shingles (also called herpes zoster). Reactivation of the virus can occur more than once. The elderly and people with weakened immune systems are at risk for more severe cases of shingles.

### **What are the symptoms of shingles?**

The first symptom of shingles is often a burning pain or tingling and extreme sensitivity, usually only on one area of the skin. This may be present for one to five days before a red rash appears, usually isolated to one area of the body. Fever and headache may also occur. The rash soon turns into groups of blisters that look similar to chickenpox but typically do not itch. The blisters usually scab over in seven to ten days and clear up in two to four weeks, but pain from the affected nerve endings can last longer. Rarely, affected persons may experience lasting pain in the areas where the rash appeared, known as post-herpetic neuralgia (PHN).

### **How is shingles spread?**

Shingles cannot be spread from person to person, and interacting with a person who has chickenpox cannot cause reactivation of varicella zoster virus in the body. However, a person who has never had chickenpox or is not immune because of vaccination can develop chickenpox through direct contact with the fluid from shingles lesions. A person can no longer spread the virus once the shingles lesions crust over. Covering the site of infection with a dry, adhesive bandage can minimize the spread of the virus.

### **Who is at risk for shingles?**

Anyone who has had chickenpox is at risk for shingles. Shingles is more common in people age 50 years and older and in people who have weakened immune systems.

### **How do I know if I have shingles?**

You may have shingles if you experience a very painful rash that follows lines along the body, with lesions resembling chickenpox (fluid-filled spots, or raised red bumps). If you

have never had chickenpox, you cannot get shingles. If you experience symptoms of shingles, contact your health care provider. Your provider may conduct laboratory tests to confirm a shingles diagnosis.

### **How is shingles treated?**

Shingles often resolves after several weeks. Treatment of the symptoms with pain relievers and cool compresses can be helpful. Your health care provider may prescribe an antiviral drug to lessen the severity and duration of symptoms.

### **How can shingles be prevented?**

A shingles vaccine is now available for persons age 50 and older. The shingles vaccine results in fewer recurrences of shingles and can make recurrences less severe and painful. People who have already had shingles can still be vaccinated to prevent future occurrences. Your health care provider can help to determine if you should receive the shingles vaccine.

All information presented is intended for public use. More information on shingles can be found at:

- <http://www.cdc.gov/shingles/about/index.html>
- <http://www.cdc.gov/vaccines/vpd-vac/shingles/default.htm>
- <http://www.cdc.gov/vaccines/hcp/acip-recs/vacc-specific/shingles.html>