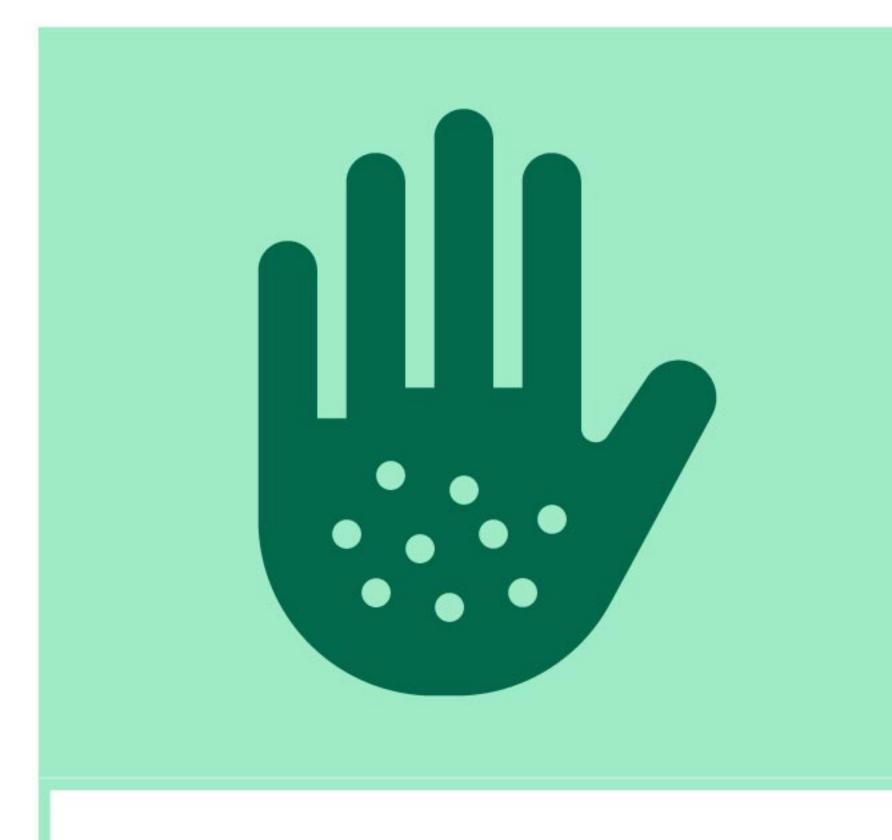
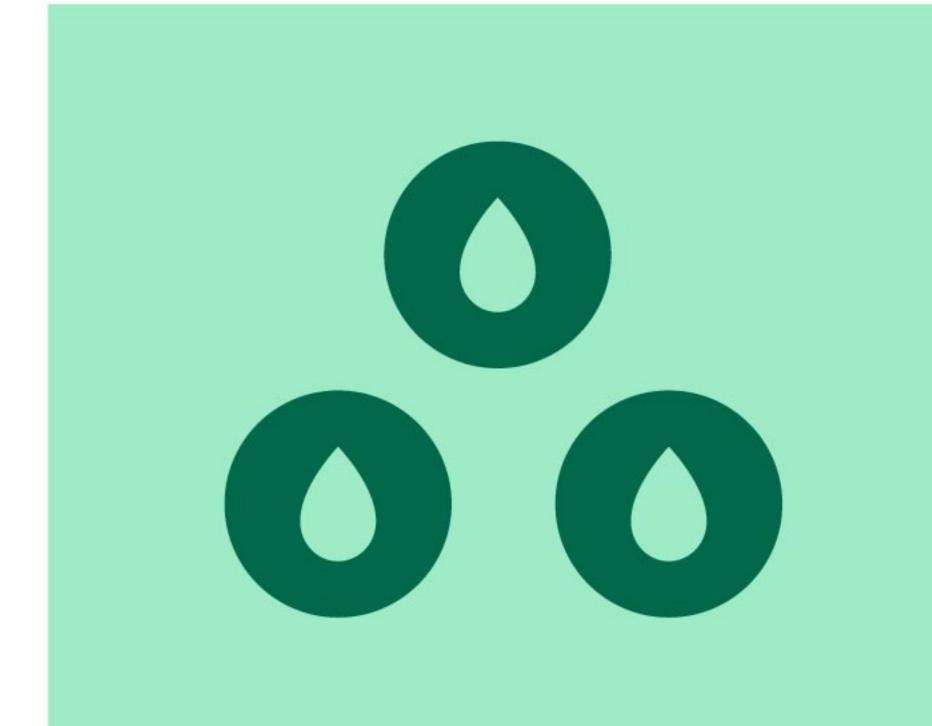
Shingles

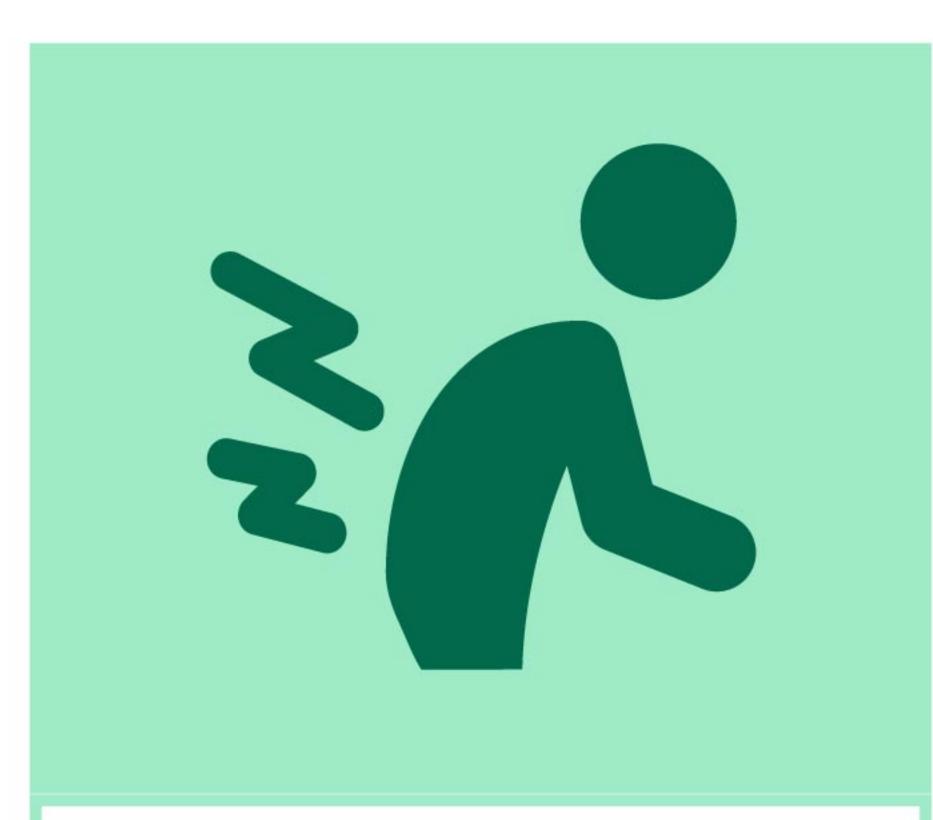
Symptoms of Shingles



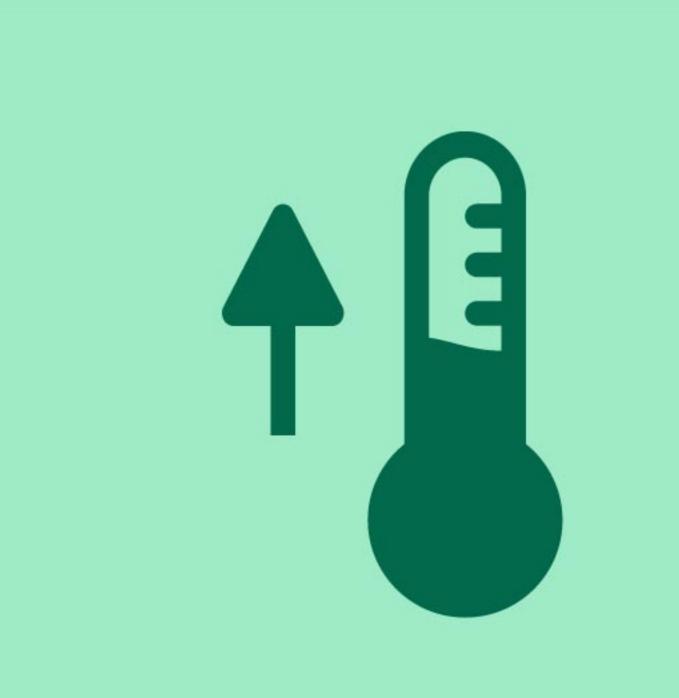
Rash



Fluid-filled blisters



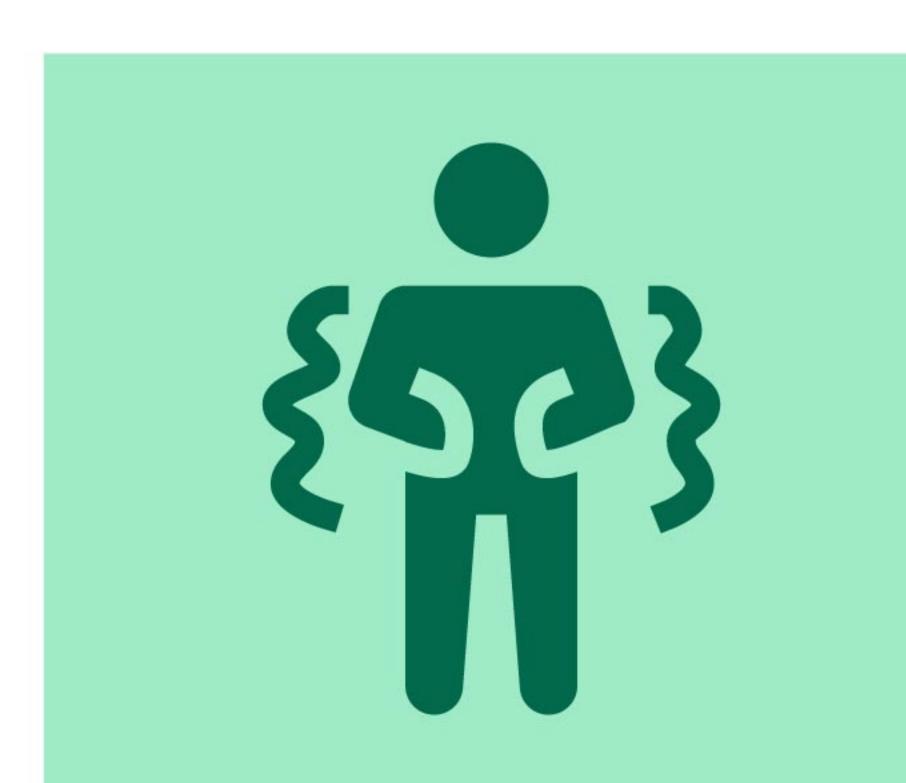
Burning, shooting pain



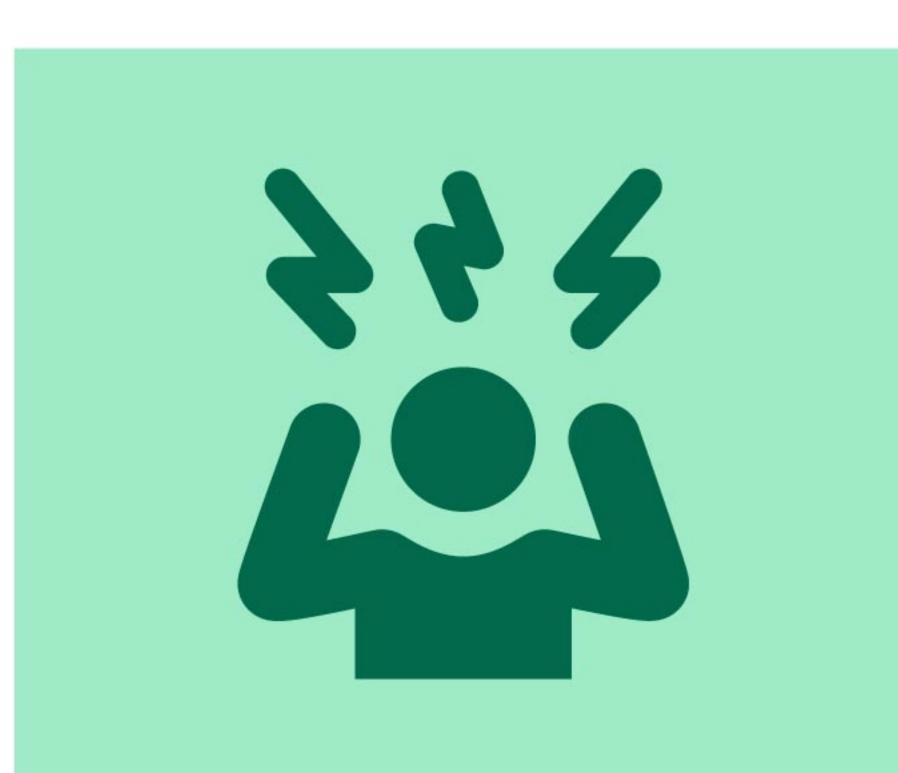
Fever



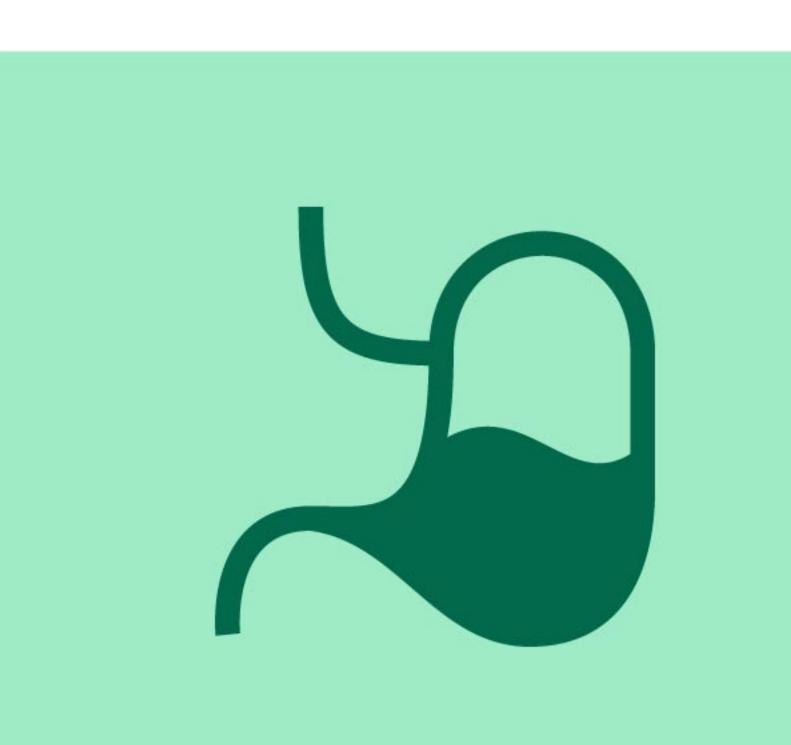
Tingly, itchy, numb skin



Chills



Headache



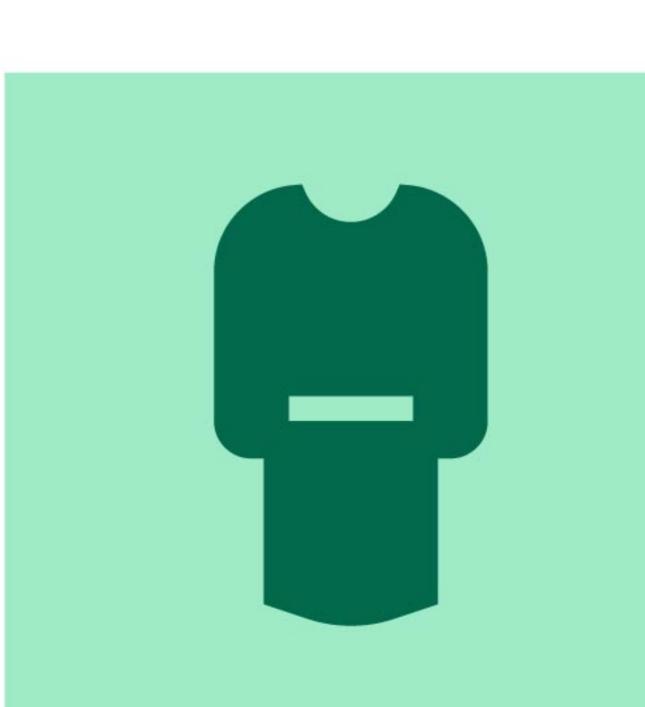
Upset stomach

How You Can Help Prevent Shingles

Prevent shingles by receiving the shingles vaccine known as "Shingrix." It's important to get the two-dose vaccine if you:

- Are 50 years or older.
- Have had the chickenpox, chickenpox vaccine, shingles, or the former shingles vaccine "Zostavax".

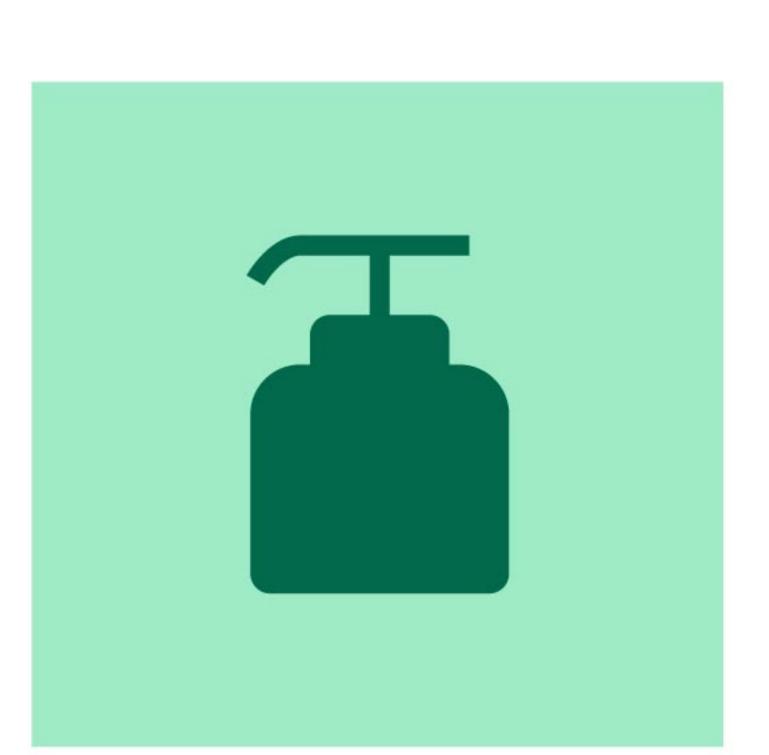
Coping with Shingles



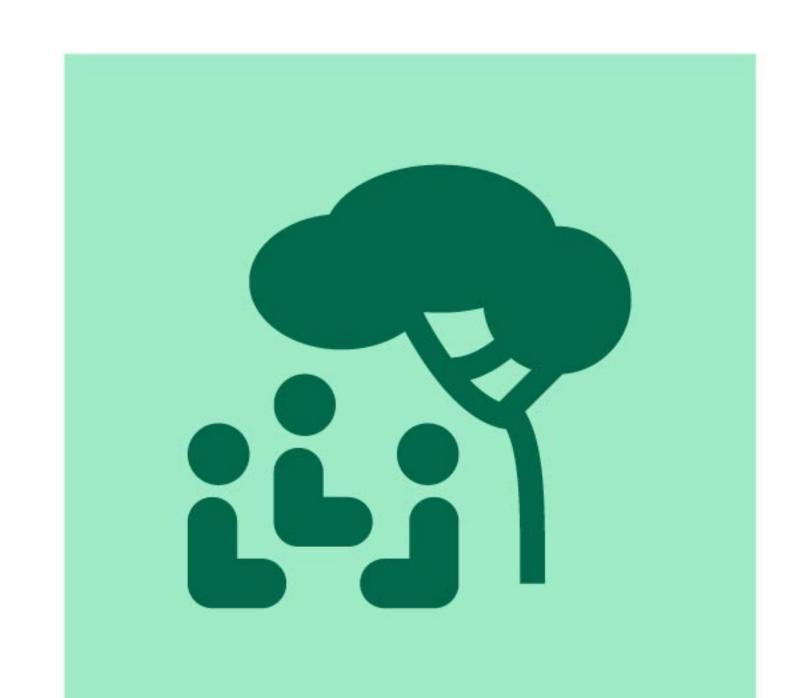
Wear loose-fitting clothing.



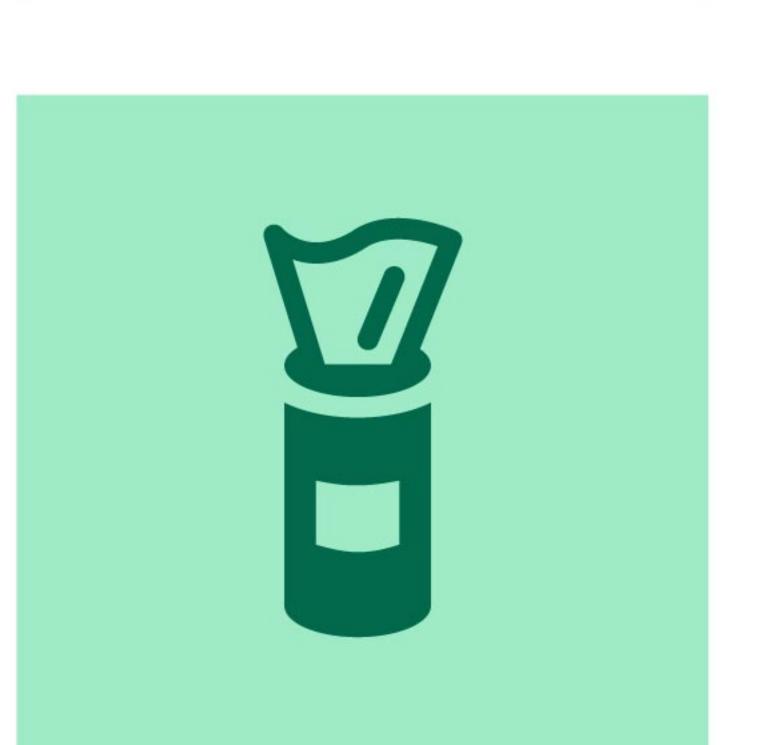
Avoid scratching.



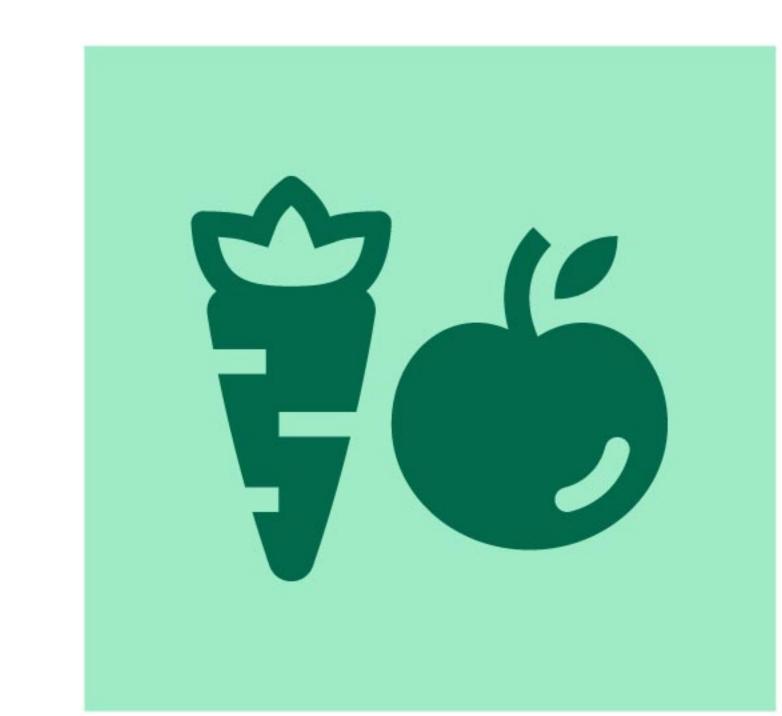
Use calamine lotion or take an oatmeal bath.



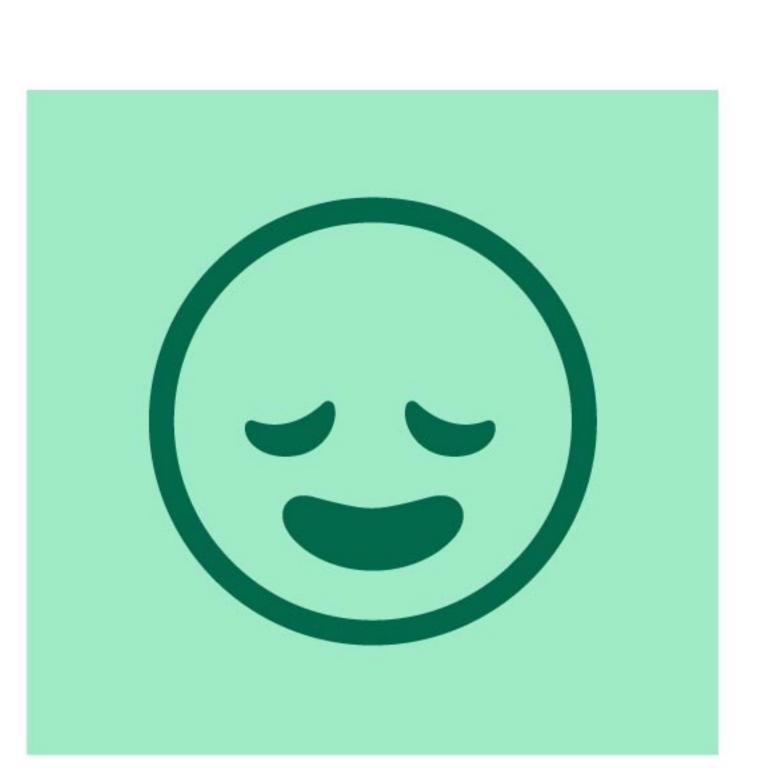
Distract from the irritation and pain.



Keep the affected area clean.



Practice self-care (sleep, diet, exercise).



De-stress.