



SHINGLES

Shingles is a painful rash that develops on one side of the face or body. It is caused by the varicella-zoster virus, the same virus that causes chickenpox. Anyone who has had the chickenpox illness can get shingles, even children. Risk increases with age.



How to identify, signs/symptoms

Rash develops on one side of the body or face (the virus follows a peripheral nerve)

- pain
- burning
- numbness/tingling
- blisters with fluid that break open and crust over
- sensitivity to touch
- itching

Other associated symptoms:

- fever
- headache
- chills
- sensitivity to light
- upset stomach

How is it spread/caused?

- Shingles occurs when the varicella-zoster virus that causes chickenpox is reactivated in the body of someone who has had the chickenpox illness previously in their life.
- You cannot get shingles from someone who has shingles.
- You can get chickenpox from someone who has shingles if you have never had chickenpox or never received the chickenpox vaccine. **Direct contact with the fluid from shingles rash blisters** can spread chickenpox.

How is it treated?

- Antiviral medications such as acyclovir, valacyclovir, and famciclovir can shorten the length and lessen the severity of the illness.
- Over-the-counter or prescription pain medication may be recommended.
- Wet compresses, calamine lotion, and colloidal oatmeal baths may help relieve itching.

Please call UHS if you suspect you have shingles

Without prompt treatment, complications such as long term nerve pain, pneumonia, hearing problems and brain inflammation can occur.

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Check out the latest updates and more details from **the CDC**:

