Shingles

How is shingles treated?

- Your doctor may prescribe antivirals. These medications can speed recovery and reduce complications.
- Your doctor may also prescribe medication for pain relief.

Do's	Don'ts
 Take all your medicines as instructed. Keep your rash clean and dry Wear loose clothing 	 Use creams or gels unless your doctor or nurse says that you should. Scratch your skin. Get expose to direct sunlight

When should I seek medical advice?

- Seek medical advice as soon as you develop symptoms suggestive of shingles.
- If you have widespread rash and pain.
- If you have a painful rash in or around your eyes and face.
- If you are someone with a weakened immunity, for example, if you are above 50 years of age, on immune-suppressing medications or are pregnant.
- Seek medical attention as soon as possible if you believe you may have been exposed to someone with shingles or chickenpox or have developed a painful rash.

How can we prevent shingles?

- Vaccines are available that may help prevent shingles. Talk to your healthcare provider to find out if you are eliqible for vaccination.
- Practice Hand Hygiene.

How to prevent the spread of the virus?

- If you do get shingles, keep your rash covered.
- Wash your hands often until your rash has dried.
- Isolate yourself in a single well-ventilated room
- Avoid close contact with others.
- Avoid sharing towels or flannels with others.
- Avoid swimming and contact sports.
- Don't go for work or school if your rash is weeping (oozing fluid) and can't be covered.





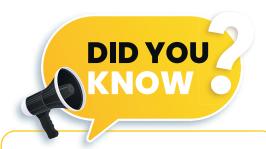






What is shingles?

- Shingles is a disease that can cause a blistering rash resulting in severe pain that can possibly last a long time.
- Shingles rash usually occurs on one side of the body and may involve the face or neck.
- Shingles is preventable and treatable



An estimated 1 in 3 people get shingles in their lifetime.

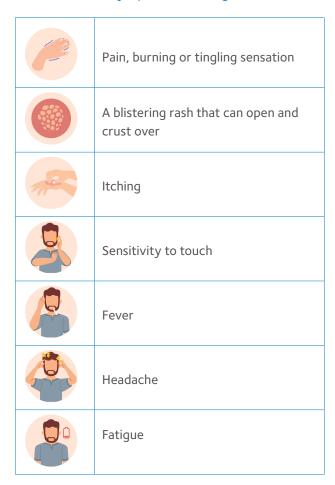
What causes shingles?

- Shingles is caused by reactivation of a dormant virus. It is the same virus, that causes chickenpox (varicella zoster virus).
- As we age, our immune system weakens and increases the risk of virus reactivation. Other causes of immune suppression can do the same.

Examples of immune suppression include:

- HIV/AIDS
- Cancer or chemotherapy use
- Use of immune suppressing drugs for other conditions
- Advanced age
- Pregnancy

What are some symptoms of shingles?



Shingles may lead to serious complications such as:

- Chronic nerve pain which can be disabling and last for several weeks or even longer
- Inflammation of the brain
- Facial paralysis
- Eye infections that may lead to loss of vision
- Infection of open skin wounds
- Problems with hearing or balance

What does shingles look like?





