

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
<ul style="list-style-type: none"> • Take all your medicines as instructed. • Keep your rash clean and dry • Wear loose clothing 	<ul style="list-style-type: none"> • 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 eligible 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.



Patient and Family Education

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Shingles

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



DID YOU KNOW?

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?

	Pain, burning or tingling sensation
	A blistering rash that can open and crust over
	Itching
	Sensitivity to touch
	Fever
	Headache
	Fatigue

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?

