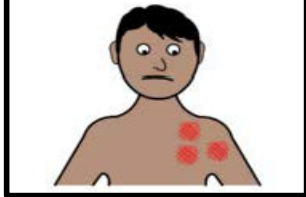




Shingles

Did you know?

shingles



Shingles is a virus that causes a painful rash on your body.

If you have Shingles you can feel very poorly.

poorly

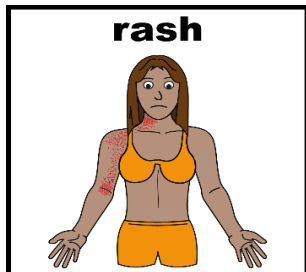


You might feel poorly first and then a rash will appear later.

You can not catch Shingles. You can only get Shingles if you have had Chicken Pox.

Not everyone who has had Chicken Pox will get Shingles.

rash



The Shingles rash is red, painful and can itch or sting.

The rash can be on any part of your body but will only be on one side.

If you have a rash on both sides of your body this is not Shingles.



If you have Shingles you will get liquid filled spots on your body.

can't sleep



If you have Shingles you may find it hard to sleep.

not hungry



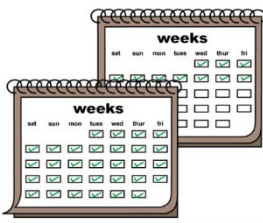
You may not feel hungry.

headache



You might have a painful headache and feel unwell.

weeks



Shingles can make you poorly for many weeks.

You can get Shingles more than once.

pain



Shingles may cause pain even after the rash has gone.

This pain may last for a long time.

70 and over



If you are between 70 and 79 years old you can have a vaccination to stop you getting as poorly.

You can have the vaccination even if you have had Shingles before.

phone doctor



You should speak to your doctor if you would like to have the vaccination.