



SHINGLES FACT SHEET

What is Shingles?

Shingles is a disease that causes a painful, blistering rash. One in five people with shingles will have severe, long-term pain after the rash heals. Almost all older adults can get shingles. About one in three people will develop the disease during their lifetime.

Shingles is more common and more serious in older adults. Nearly 1 million Americans get shingles every year and about half of them are 60 years old and older.

How can the risk of shingles and long-term pain be reduced?

A new vaccine against shingles has been developed and is recommended for people 60 years old and older.

You can reduce your risk of shingles and long-term pain by **getting the vaccine**.

In a clinical trial involving people 60 years old and older, the shingles vaccine prevented long-term pain in two out of three people who got vaccinated and prevented the disease in about half of them.

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