



Press Release

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SHINGLES IS A REAL THREAT

In the U.S., **one out of every three** people will develop shingles during their lifetime. While anyone who has had chickenpox can get shingles, it most commonly occurs in people over age 60, along with people who have weakened immune systems. Shingles is a painful rash that develops on one side of the face or body. The rash typically consists of blisters that scab over in 7-10 days and the rash will usually clear up within 2-4 weeks. Other symptoms of shingles can include fever, headache, nerve pain, chills or upset stomach.

The Logan County Department of Public Health (LCDPH) is now offering the new shingles vaccine which is given as a two-shot series separated by 2 to 6 months. The vaccine works by helping your immune system keep the shingles virus in check. The sooner you get vaccinated, the sooner you will improve your chances of protecting yourself from shingles. The vaccine is not a treatment for shingles and its accompanying symptoms such as nerve pain; however, it is a vaccine to help reduce your risk of getting shingles in the future.

The new vaccine is recommended for healthy adults age 50 and older. You should get the new shingles vaccine even if in the past you had shingles, received the Zoster Vaccine Live and are not sure if you had chickenpox. If you have had shingles in the past and the rash has gone away, you can receive the vaccine to help prevent future occurrences of the disease. There is no specific length of time that you need to wait after having shingles before you can receive the vaccine, but generally you should make sure the shingles rash

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has gone away before getting vaccinated. If you have recently received the Zoster Vaccine Live, you should wait at least eight weeks before getting the new vaccine.

Medicare Part D prescription drug plan will pay for the cost and health care provider administration of the vaccine. You are only responsible for paying the plan's approved co-pay at the time of service. To be safe, it is recommended to call LCDPH ahead of time to ask about any co-pay.

The LCDPH is open Monday-Friday from 7:30am-4:30pm (clinic until 4pm). LCDPH will be closed on Good Friday. If you have questions regarding the shingles vaccine, please call LCDPH at 217-735-2317. For additional information regarding health department services, log onto the LCDPH website at WWW.LCDPH.ORG.

Information Source: Centers for Disease Control (CDC)

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