

# SHINGLES

## WHAT YOU NEED TO KNOW

Caused from the same virus that causes chickenpox.  
(varicella zoster virus/VZV)

Anyone who has recovered from chickenpox, even children, can get shingles.

## SYMPTOMS:

- Tingling/Burning pain
- Blistering/Bumpy rash
- Itching
- Fatigue
- Sensitivity to light
- Headache



**People who never had chickenpox or didn't get a chickenpox vaccine can get infected with VZV from someone who has shingles.**

## BE WISE- IMMUNIZE

Two dose vaccine  
(2-6 months apart)

Recommended for all adults over 50 and people over the age of 19 with weakened immune systems.



SCAN ME



Kentucky residents can access a copy of their vaccination records utilizing the Kentucky Immunization Public Portal.

Scan the QR code or visit: [chfs.ky.gov/KDPHMyVaxRecord](https://chfs.ky.gov/KDPHMyVaxRecord)

For more information visit: [www.cdc.gov/shingles](https://www.cdc.gov/shingles)



**Kentucky Public Health**

Prevent. Promote. Protect.