

A weekly resource
for *your* well-being

PARTNERS
FOR HEALTH

WORKING FOR A
HEALTHIER TN

A TIP FOR TENNESSEANS

September 13, 2016

Avoid being sidelined by shingles.

Shingles is a painful skin rash caused by the chickenpox virus. It is not something you might talk about every day. But since one out of three people in the U.S. are likely to get shingles in their lifetime, it's good to [know more about it](#), such as:

- **Who can get it.** Anyone who had chickenpox can get shingles. But the risk is higher for those age 60+.
- **What causes it.** The virus stays quiet inside the body until something triggers it again. Experts are not exactly sure what wakes up the virus and causes the pain and rash.
- **How long it lasts.** The rash can last for two to four weeks, but the pain can go on for months or years after the rash is gone.
- **What it affects.** Shingles can make everyday tasks like dressing, bathing and shopping harder to do. It can also seriously affect your vision if it gets in your eyes.
- **It is not contagious (well, sort of).** You cannot spread shingles to someone else. But anyone exposed to the virus for the first time can get chickenpox.
- **How to avoid or treat it.** Talk to your doctor if you are age 60 or older and get a shingles shot if he/she recommends it.



USE YOUR RESOURCES.

If you are enrolled in the State Group Health Plan you can get the shingles vaccine at no cost through a network vaccine pharmacy or your network medical provider. The vaccine is recommended for adults age 60 years or older, even if they have had shingles before.



QUICK LINKS

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