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Age 50 and over? Get the shingles vaccine!

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Shingles is a painful skin rash caused by the same virus as chickenpox. Learn about how the shingles vaccine can help protect you against the virus.

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Age 50 and older? Get the shingles vaccine!

Shingles is a painful skin rash caused by the same virus as chickenpox. Here are three things to know:



Your risk increases with age.

1 in 3 adults will develop shingles. If you had chickenpox earlier in life, you are at risk for developing shingles.



Shingles can be serious.

For many people, shingles symptoms are mild, but others may develop more severe symptoms like intense or long-lasting pain.



It's preventable!

The shingles vaccine is more than 90% effective at preventing the disease, and it's recommended for most adults age 50 and older.

Talk with a doctor and learn more at www.nia.nih.gov/shingles.



You may also be interested in

- Reading more about [shingles symptoms, diagnosis, and treatment](#)
- Learning about [vaccinations and older adults](#)
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