

# When we heard that **1 out of 3** people 60 years old and older get shingles...



## we got the **shingles vaccine!**

### 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 from shingles 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.

**Reduce YOUR risk of shingles. GET VACCINATED.**

For more information, ask your healthcare provider, call **800-CDC-INFO (800-232-4636)**, or visit

[www.cdc.gov/vaccines/vpd-vac/shingles/default.htm](http://www.cdc.gov/vaccines/vpd-vac/shingles/default.htm).

