

# Shingles is Sleeping

## KEY FACTS ABOUT SHINGLES

- **Shingles** is the reactivation of the varicella zoster virus, the same virus that causes chickenpox. It is **most common in people over 50 years of age**<sup>1-4</sup>
- **Nearly all adults 50 years and older already carry the inactive virus** that causes shingles<sup>1-4</sup>
- About **1 in 3 people will develop shingles in their lifetime** regardless of how healthy they may feel<sup>1-4</sup>
- **Shingles** typically produces a **painful, blistering rash**<sup>1-4</sup>
- Whilst most people recover fully, **shingles** can put you at risk of suffering from **long-term painful and debilitating complications**<sup>1-3</sup>

## SHINGLES CAN AFFECT EVERY PART OF YOUR LIFE

Shingles can not only be painful, it can also impact your social and emotional wellbeing, your work and even your ability to carry out everyday activities.

"I couldn't understand why the pain had intensified to the point where I couldn't function.

**It's really hard. It controls your whole life."**

**Maxine\***  
was 56 when she had shingles

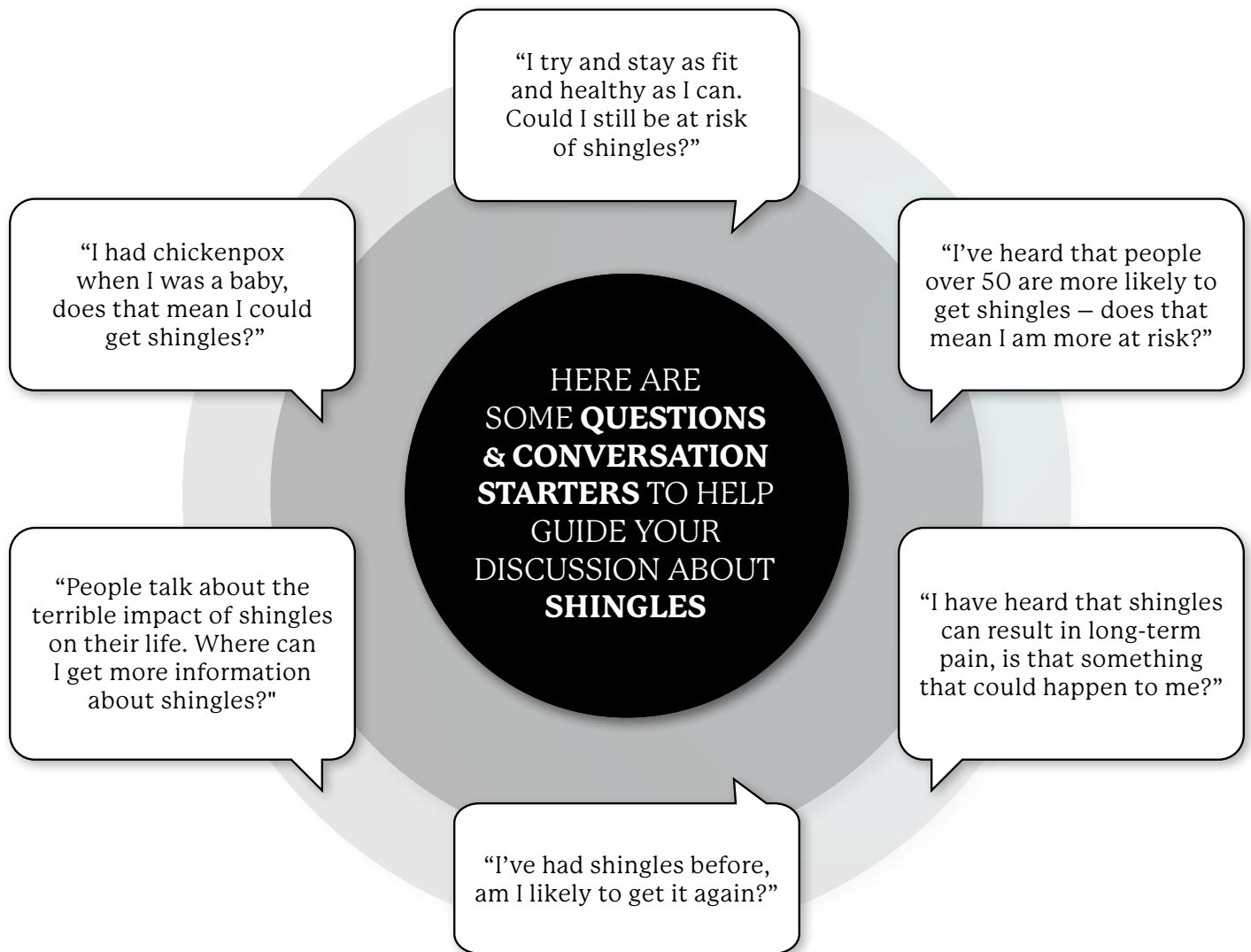


\*Individual patient's symptoms may vary. This statement is based on a patient's description of their experience with shingles and does not represent every patient's experience.

Think you're not at risk of shingles?  
It's time to wake up, because shingles could wake up in you.

# Talking to your healthcare professional about **shingles**

## CONVERSATION STARTERS



**SPEAK TO YOUR HEALTHCARE PROFESSIONAL ABOUT SHINGLES AND HOW YOU CAN HELP PROTECT YOURSELF TODAY**

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**References:** **1.** Centers for Disease Control and Prevention. MMWR. 2008 June;57(RR-5):1–30. **2.** Australian Technical Advisory Group on Immunisation (ATAGI), 2022. Available at [immunisationhandbook.health.gov.au](https://immunisationhandbook.health.gov.au). **3.** National Centre for Immunisation Research and Surveillance (NCIRS). Updated May 2022. <https://ncirs.org.au/ncirs-fact-sheets-faqs/zoster-vaccine-australian-adults>. **4.** National Centre for Immunisation Research and Surveillance (NCIRS). Updated May 2022. Available at: <https://www.ncirs.org.au/ncirs-fact-sheets-faqs/zoster-vaccine-faqs>.

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