



TIPS TO START A CONVERSATION ABOUT SHINGLES

Hypothetical shingles rash for illustrative purposes only.

Sharing your shingles story with friends and family

Sharing your experience can provide insights about shingles and help your loved ones have a better understanding of the impact shingles can have.

When sharing your story consider talking about:

- What symptom did you first notice when feeling unwell?
- What did you experience to make you think it was shingles?
- How long after symptoms started were you diagnosed with shingles?
- How long did the symptoms last?
- How did it impact your life?

When sharing your story, friends and family might have questions about shingles. Here are some FAQs that may help the conversation.

Is shingles common?

- Shingles is common, with about 1 in 3 people developing it in their lifetime.^{1,2} In fact, over 100,000 Australians are estimated to develop shingles every year.³
- Almost all adults over 50 years old carry the inactive chickenpox virus.^{1,2,4} Some people may not remember having chickenpox, or it was so mild they only had minor symptoms.^{1,5}

Who is at risk of shingles?

- Shingles can occur regardless of how young, fit or healthy a person feels.^{1,2}

What is having shingles like?

- Shingles often produces a painful, blistering rash for 1-2 weeks that may then take several weeks to settle.^{1,2}

Directing loved ones to their GP or pharmacist can help them understand their own personal risk and potential impact of shingles, and what they can do to help protect themselves.

knowshingles.com.au

References: 1. Health Direct. Shingles. Available at: <https://www.healthdirect.gov.au/shingles> [Accessed May 2025]. 2. CDC. Shingles. Available at: <https://www.cdc.gov/shingles/about/index.html> [Accessed May 2025]. 3. MacIntyre R et al. *PLoS One*. 2015;10(4):e0125025. 4. Gidding HF et al. *Epidemiol Infect*. 2003;131:1085-9. 5. Holmes CN. *Can Fam Physician*. 2005;51(1):60-5.

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