

Are you protected? Shingles and the Shingles Vaccine



According to the Centers for Disease Control and Prevention, in the U.S., currently 1 million people get shingles every year, and about one out of every three people will get shingles in their lifetime.

Shingles, also known as zoster or herpes zoster, is a painful skin rash caused by the varicella zoster virus, the same virus that causes chickenpox. If you have had chickenpox, you are at risk of getting shingles.

The CDC recommends adults 60 years and older contact their healthcare professional about getting the one-time dose of the shingles vaccine. Clinical trials have shown in adults 60 years and older the vaccine reduced the risk of shingles by about half. Even if the vaccine does not prevent you from getting the shingles, it can still reduce the chance of having long-term pain. For more information, visit www.cdc.gov.

The Dickinson-Iron District Health Department has shingles vaccines available and may bill private insurance, Michigan Medicaid, and Medicare Part D. Adults without health insurance or insurance benefits for immunizations may qualify to receive the shingles vaccine for only a \$15 administration fee.

For more information or to schedule appointments call the Dickinson-Iron District Health Department at 774-1868 or 265-9913.