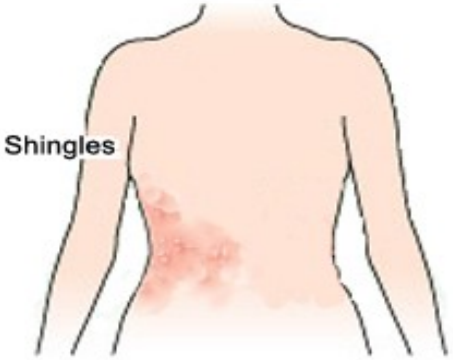
# Shingles
## (Herpes Zoster)

Shingles is caused by the same virus that causes chicken pox. The first feelings may be pain or tingling. A rash will follow in a couple days. The rash may occur on any area of the body. Long-lasting pain is more likely in an elderly person. It can last months to years. There are medicines that can help prevent pain if you start taking them early.



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### HOME CARE

- Place cool cloths on the rash.
- Only take medicine as told by your doctor.
- Calamine lotion can be used to relieve itchy skin.
- Avoid touching:
  - Babies.
  - Children with inflamed skin (*eczema*).
  - People who have gotten transplanted organs.
  - People with chronic illnesses, such as leukemia and AIDS.
- If the rash is on the face, you may be told to see a specialist. **It is very important to keep all appointments.** Shingles must be kept away from the eyes, if possible.

### GET HELP RIGHT AWAY IF:

- There is any pain on the face or eye. This must be followed carefully by your doctor or eye doctor. An infection of part of the eye (*cornea*) can be very serious. It could lead to blindness.
- The medicines do not help.
- The redness or puffiness (*swelling*) spreads.
- You or your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Your baby is older than 3 months with a rectal temperature of 102º F (38.9º C) or higher.
- **Your baby is 3 months old or younger with a rectal temperature of 100.4º F (38º C) or higher.**
- You notice any red lines going away from the rash area.

### MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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