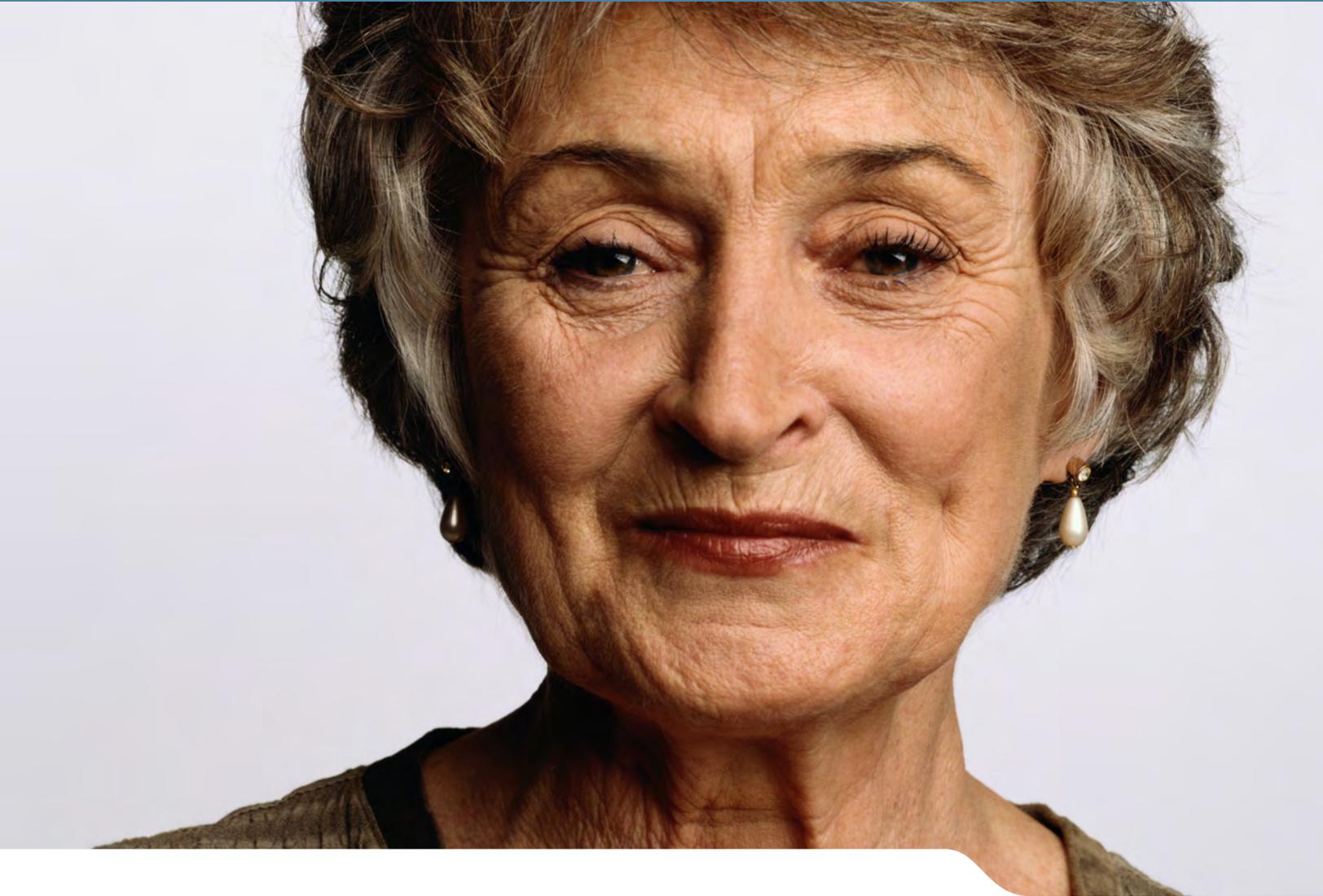


## Don't Let the Zoster Virus Slow You Down



### **Shingles—a potentially serious and painful disease caused by the same virus that causes chickenpox.**

In the U.S., 9 out of 10 adults have had chickenpox. Chances are, you were one of them. Once a person has had chickenpox, the virus can live, but remain inactive within the body for many years. If it becomes active again, it can cause shingles at any time, without warning. There's no way to predict if you will get shingles, or how severe your case could be.

Shingles, also known as herpes zoster, is a disease that causes a painful skin rash. In addition, shingles can lead to severe pain that can last for months or even years, a condition known as post-herpetic neuralgia. Shingles can lead to other serious complications as well. In rare cases, shingles can also lead to death.

**Start a conversation with your health care provider about shingles and the vaccine to help prevent it.**

FOR MORE INFORMATION, CALL 850-245-4342 OR VISIT [WWW.IMMUNIZEFLORIDA.ORG](http://WWW.IMMUNIZEFLORIDA.ORG).



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