

WHAT IS SHINGLES?

Shingles is a common viral infection, also known as zoster or herpes zoster. Almost 1 out of 3 people in the United States will develop shingles. Anyone who has already had chickenpox may develop shingles; even children can get shingles. The risk of shingles increases as you get older. Half of all shingles cases occur in men and women over age 60.

WHO IS AT A HIGHER RISK?

These factors may increase your risk of developing shingles:

- 50 years of age or older
- Weaken immune system
- Have an illness or injury
 - These include: Cancer, HIV/AIDS

SIGNS & SYMPTOMS

- Painful rash develops on one side of the face or body in a band or strip
- Itching or tingling
- Blisters
- Chills
- Fever
- Headache

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
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IS SHINGLES CONTAGIOUS?

Shingles cannot be passed from one person to another. A person with shingles is not contagious before blisters appear or after the blisters have scabbed over.

However, direct contact with fluid from the blisters can pass on the infection to someone who is not immune to chickenpox. The person infected by the virus may get chickenpox, but will **NOT** get shingles.

Those who are contagious should not have any physical contact with anyone that has a weakened immune system, for example newborns and pregnant women.

HOW CAN YOU PREVENT SHINGLES?

- Reduce the risk of getting shingles by being vaccinated against the virus.

CDC recommends people age 60 or older to receive one dose of the shingles vaccine.

WHEN TO SEE A DOCTOR?

- If you think you have shingles, **see a doctor as soon as possible.**
- If you still feel severe pain for more than one month after the skin heals, see your doctor.

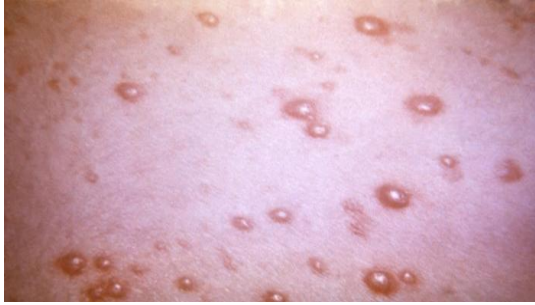


WHAT SHOULD YOU DO IF YOU HAVE SHINGLES?

- Take good care of skin sores by not picking at and scratching blisters.
- Talk with your doctor about prescriptions to treat shingles and the pain.

Sources:

- Centers for Disease Control and Prevention
- Mayo Clinic



什麼是帶狀皰疹?

帶狀皰疹俗稱生蛇，是一種常見的病毒感染。在美國，每 3 個人就有一個患過帶狀皰疹。任何曾經患過水痘的人都有可能患帶狀皰疹，兒童也可能患上帶狀皰疹。但患上帶狀皰疹的機會隨著年齡增加而增加。半數的帶狀皰疹都是發生在年齡超過六十歲的人身上。

誰容易患上帶狀皰疹?

以下因素會增加你患上帶狀皰疹的機會：

- 50 歲或以上
- 免疫系統功能減弱
- 患有某些疾病或受傷
 - 包括癌症和愛滋病

帶狀皰疹的症狀

- 疼痛的皮疹會在身體或面部的一側出現、並且呈帶狀
- 皮膚發癢或刺痛
- 有水泡
- 發冷
- 發燒
- 頭痛

帶狀皰疹會傳染嗎?

帶狀皰疹不會人傳人。患有帶狀皰疹的人在水泡出現之前或水泡結疤之後都不會傳染給別人。

如果一個對水痘沒有免疫的人直接接觸感染者的水泡中流出的液體，就會受到感染。但是，受到感染的人可能會患上水痘，但不會患上帶狀皰疹。

如果你患上了水痘或帶狀皰疹，最好不要接觸免疫力低的人，例如新生兒和孕婦。

如何預防帶狀皰疹?

- 通過接種疫苗來降低患上帶狀皰疹的機會。
- 美國疾病控制及預防中心建議 60 歲或以上的人接種帶狀皰疹疫苗。

什麼時候需要看醫生?

- 如果你患上帶狀皰疹，請儘快看醫生。
- 如果你在皮膚癒合一個月後還感覺到嚴重疼痛，請儘快看醫生。



如果我患上了帶狀皰疹，應該怎麼做?

- 照顧好你的皮膚，不要擠抓水泡。
- 與醫生討論有關藥物治療帶狀皰疹和疼痛。

資料來源：

- Centers for Disease Control and Prevention
- Mayo Clinic

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