

# SHINGLES

Single  
Point  
Lesson



## What is Shingles?

Shingles, also known as herpes zoster, is an infection of a nerve and the skin around it. It is caused by the varicella-zoster virus, which also causes chickenpox.

Following chicken pox infection, the virus can lie dormant in the nervous tissue but may reappear following reactivation as shingles. It is possible to have shingles more than once.

## Symptoms of Shingles

The main symptom of shingles is pain, followed by a rash that develops into itchy blisters, similar in appearance to chickenpox. New blisters may appear for up to a week, but a few days after appearing they become yellowish in colour, flatten and dry out.

## Shingles Vaccine

This vaccine is now routinely offered on the NHS as a single injection to people aged 70 and 78 on the 1/9/16 with catch up available for those aged 71,72,73 and 79 years that were eligible previously but did not receive vaccine. Your resident may still develop shingles after having this vaccine, but it may be milder and last for a shorter time than usual. Please ensure that residents who are eligible have been vaccinated.

## Is Shingles infectious?

You can catch chickenpox from someone with shingles if you haven't had chickenpox before. The blisters of shingles contain live virus. If a person who has never had chickenpox makes direct contact with an open blister or something with the fluid on it, they can contract the virus and develop chickenpox.

## Infection Control Precautions

Ensure that no communal items are in use.

Use **standard infection control precautions** to nurse your resident.

Ensure that appropriate gloves and aprons are used when dressing areas affected by the infection.

**Telephone the Infection Control Nurses for further advice/support – 01925 867707**