



A MINUTE OF HEALTH WITH CDC

Stopping Shingles

Recommendations of the Advisory Committee on Immunization Practices for Use of Herpes Zoster Vaccines

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Shingles, also known as herpes zoster, is a disease characterized by a painful skin rash with blisters. In some cases, it can lead to prolonged debilitating pain. Each year, more than one million people in the U.S. get shingles. The risk of shingles increases as you get older and the majority of cases occur in people over 50. Since 2006, Zostavax has been the only vaccine to prevent shingles. CDC now recommends Shingrix as the preferred vaccine. It can be taken in two doses, two to six months apart. Eligible adults should get the new vaccine, even if they already received Zostavax. If you're 50 or older, ask your health care provider about Shingrix.

Thank you for joining us on a Minute of Health with CDC.

[Announcer] For the most accurate health information, visit cdc.gov or call 1-800-CDC-INFO.