

Shingles, Pneumococcal Disease, and Flu

Shingles

1 in 3 people will get Shingles in their lifetime.

- ▶ Anyone who has had chickenpox is at risk for Shingles. 98% of adults in the United States have had chickenpox.
- ▶ Your immune system weakens as you age, which increases your risk for Shingles.
- ▶ The Shingles rash can last up to 30 days.
- ▶ Shingles is a painful, blistering rash. People with Shingles have described the pain as sharp, stabbing, shooting, burning, and throbbing.

Pneumococcal Disease

If you are aged 65 years or older you may be at increased risk.

Also, certain chronic conditions – like **diabetes**, **heart disease**, and **COPD** – can put you at higher risk for pneumococcal disease.



DIABETES



HEART DISEASE



COPD



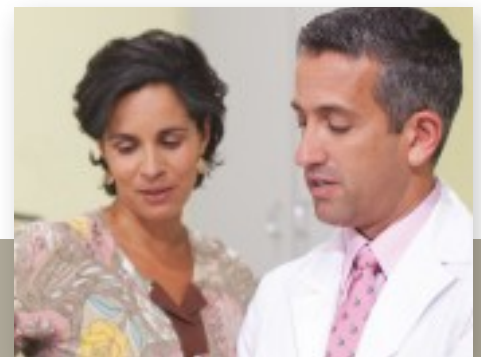
ADULTS 65+

COPD=chronic obstructive pulmonary disease (chronic lung disease).

Influenza (Flu)

Flu viruses can cause:

- ▶ fever
 - ▶ tiredness
 - ▶ sore throat
 - ▶ headache
 - ▶ cough
 - ▶ muscle aches
 - ▶ chills
- Flu viruses are spread mainly from person to person when an infected person coughs and sneezes.
 - You may also get flu by touching something with flu viruses on it and then touching your mouth or nose.



Talk to a **pharmacist** about vaccines that may be appropriate for you.



Provided as an educational resource by Merck