

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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Are you 50 years old or older? Get your shingles vaccine!



What is Shingles? Shingles is a painful rash that develops on one side of the face or body. The rash consists of blisters that typically scab over in 7 to 10 days and fully clears up within 2 to 4 weeks. Before the rash appears, people often have pain, itching, or tingling in the area where it will develop. This may happen several days before the rash appears. Other symptoms include: fever, headache, chills, upset stomach

How do I get shingles? People get shingles when the varicella zoster virus, which causes chickenpox, reactivates in their bodies after they have already had chickenpox.

Shingles treatment- Several antiviral medicines—acyclovir, valacyclovir, and famciclovir—are available to treat shingles and shorten the length and severity of the illness. These medicines are most effective if you start taking them as soon as possible after the rash appears. If you think you have shingles, contact your healthcare provider as soon as possible to discuss treatment.

Pain medicine, either over-the-counter or a prescription from your doctor, may help relieve the pain caused by shingles. Wet compresses, calamine lotion, and colloidal oatmeal baths (a lukewarm bath mixed with ground up oatmeal) may help relieve itching.

Who should get the Shingrix vaccine? Healthy adults 50 years and older should get two doses of Shingrix, separated by 2 to 6 months. You should get Shingrix even if in the past you

- had shingles
- received Zostavax*
- are not sure if you had chickenpox



Know your risk of getting shingles and complications



About 1 out of every 3 people in the United States will develop shingles during their lifetime.



If you've had chickenpox, you are at risk for shingles. More than 99% of Americans born before 1980 have had chickenpox, even if they don't remember it.



Your risk of getting shingles and having serious complications increases as you get older.



About 1 in 10 people who get shingles develop nerve pain that lasts for months or years after the rash goes away. This is called postherpetic neuralgia and is the most common complication of shingles.



Shingles may lead to other serious complications involving the eye, including blindness. Very rarely, it can also lead to pneumonia, hearing problems, brain inflammation (encephalitis) or death.

If you have MPTN or Tribal family insurance, schedule your SHINGLES vaccine (Shingrix) at **Pequot Pharmacy** by calling **860-396-6355** option 3

PLEASE note: you must wait 2 weeks after your second Covid vaccine to get ANY vaccine

<https://www.cdc.gov/shingles>



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