

Shingles

healthdirect

Symptoms



Tingling



Burning



Itching



Fatigue



Sensitivity to light



Headache

Ongoing pain after shingles that lasts for more than 3 months is called **post-herpetic neuralgia**.

Treatments

There is no cure for shingles, but antiviral medicine can help treat the condition.

- Start the medicine within 3 days of a rash appearing
- If you are pregnant, check with your doctor first

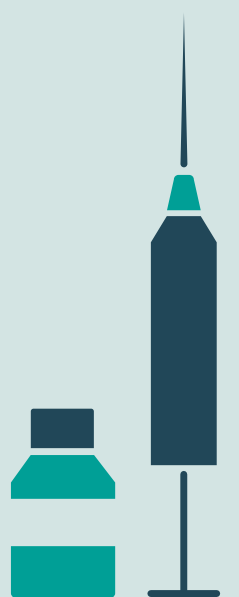
For pain relief, use paracetamol or non-steroidal anti-inflammatories.

Vaccination

Zostavax is your best protection against shingles.

- Can be given to adults over 50
- People aged 70-79 receive the vaccine for free
- Only 1 dose is required

Learn more about Zostavax on the National Immunisation Program Schedule.



Not sure what to do next?

Use healthdirect's **Symptom Checker** to get advice on when to seek medical attention.