

Signs and symptoms

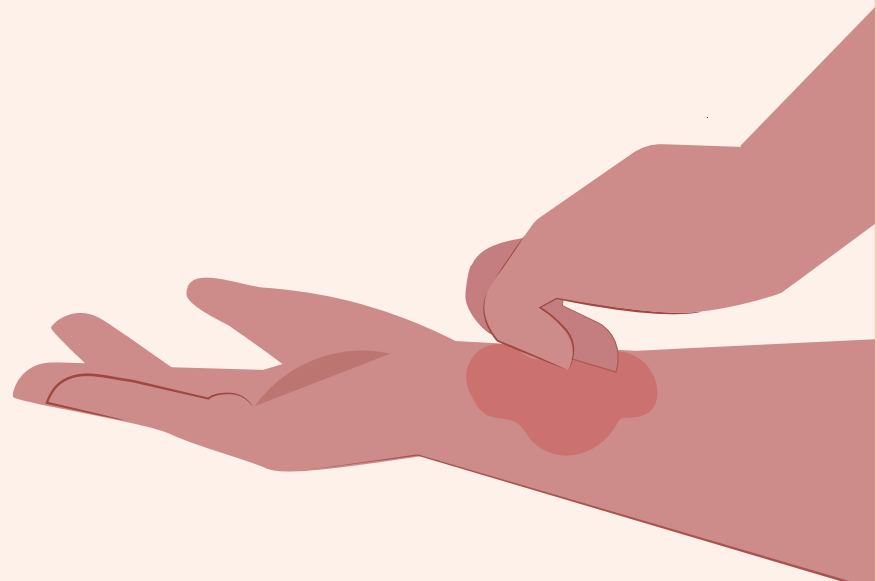
Tingling



Burning pain



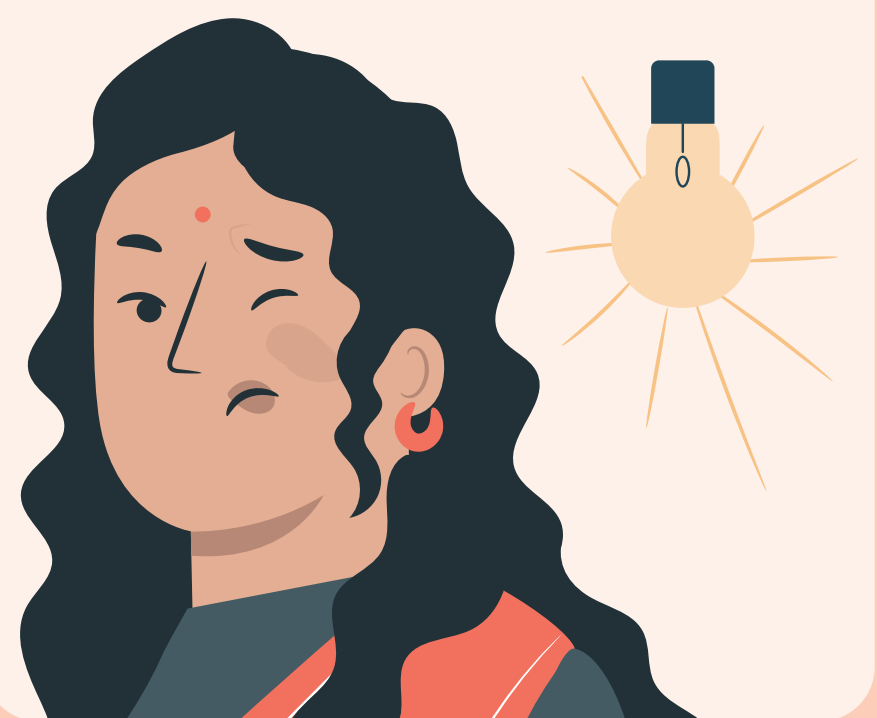
Itching



Tiredness



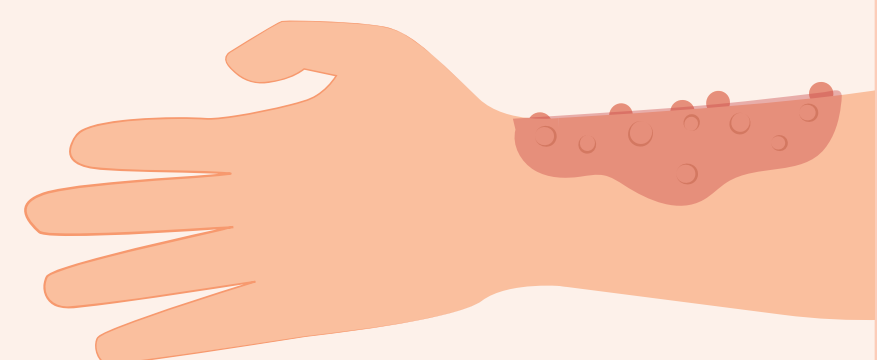
Sensitivity to light



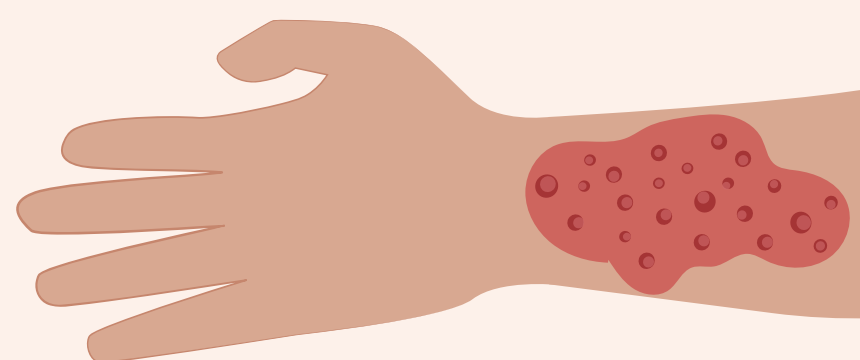
Headache



Red, bumpy rash



Blistering rash



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

Treatments

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

- See your doctor for a prescription of antiviral medicines as soon as possible after symptoms develop.
- 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. Be sure to keep your rash dry and clean, and wear loose-fitting clothes.



Vaccination

Vaccination is your best protection against shingles.

Shingles vaccination is recommended for:

- everyone aged 50 years and over
- people aged 18 years or older with a weak immune system
- people over 50 years who have contact with someone who has a weak immune system

Some people are eligible for free shingles vaccination.



Not sure what to do next?

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