

## Signs and symptoms



Tingling



Burning pain



Itching



Fatigue



Sensitivity to light



Headache



Red, bumpy rash



Blistering rash

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.

- 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.

## Vaccination

Vaccination is your best protection against shingles.

The Shingrix vaccine is free for:

- people aged 65 years or older
- Aboriginal and Torres Strait Islander people aged 50 years or older
- immunocompromised people aged 18 years or older with certain medical conditions

For everyone else, there is a cost for this vaccine.



### Not sure what to do next?

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