

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.

Patient Leaflets From The Bmj Group Shingles

TD Snyder



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