

### Can you go to work, school or a day care centre?

If the shingles rash is on your body **and** will be completely covered by clothing, then the risk to other people who have no natural immunity to chickenpox will be greatly reduced, so you will be able to return to work/school or day care centre if you feel well enough.

If the rash is weeping and on an area of the body that cannot be covered (e.g. the face or around the eyes) then you should stay off work/school until the rash is completely dry and the vesicles have crusted over.

Department of Public Health  
500  
Infection Prevention and Control,  
Community and Disability Services HSE  
South (Conk and Kerry)

February 2012

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## SHINGLES INFORMATION LEAFLET



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### What is shingles?

Shingles is an infection caused by a virus called varicella zoster virus – the same virus which causes chickenpox.

When a person has chickenpox, the virus remains dormant in their body. Later in life, if their immune system is weakened (e.g. by illness, medical treatments such as high dose steroids or chemotherapy) this virus can reactivate.

A person can have shingles more than once.

### What are the symptoms of shingles?

Shingles causes:

- A painful itchy rash with blister like spots which contain fluid. The spots are called vesicles.
- The rash usually follows the area where there are nerve pathways –the trunk, the face and around the eyes are often affected. The soft tissues under and around the rash may become swollen for a while due to inflammation.
- Pain because the rash follows the nerve pathways it can cause severe pain. Sometimes this pain will persist for some time, even after the shingles infection has cleared up.

The blisters then dry up, form scabs and gradually fade away.

### Who does it affect?

Shingles can affect anyone who has previously had chickenpox, but it mainly affects adults and in particular those over the age of 40 years.

### Can shingles be passed on?

You cannot "catch" shingles; it is **always** caused by a reactivation of the virus that previously caused a person to have chickenpox.

It is possible though to develop a chickenpox infection from close contact with someone who has shingles if you **have not previously**

To reduce the risk of passing on the virus to others who may not have had chickenpox,

- Do not share towels, go swimming, or play contact sports such as rugby while you have a shingles rash.
- Avoid pregnant women who cannot recall having had chickenpox, immunosuppressed people and babies younger than one month old.

This advice is to play safe, as it is direct contact with the rash that usually passes on the virus to someone who has not had chickenpox. Once your blisters have dried out and scabbed over, you are no longer contagious and you will not need to avoid anyone.

### What is the treatment for shingles?

Most people with shingles will require "pain killers" as the rash can cause severe pain. Sometimes your doctor will prescribe other types of medication that may be more helpful in relieving the severe pain and discomfort.

To ease the discomfort from shingles:

- Wear loose fitting cotton clothes to reduce irritating the affected skin.
- Keep the rash clean and dry to reduce the risk of a bacterial infection.
- A non-adherent dressing that covers the rash when it is blistered and raw may help to reduce the pain caused by contact with clothing.
- Avoid the use of antibiotic creams and adhesive dressings, as they can cause irritation and delay the rash healing.
- Sometimes the rash may get infected (e.g. from scratching), if this happens consult your doctor (GP) who may prescribe antibiotics if appropriate.

Anti-viral treatment can be given and is most effective when started in the early stages of shingles (within 72 hours of the rash appearing).

# Patient Leaflets From The Bmj Group Shingles

**Stephen J. McPhee, Maxine A.  
Papadakis, Lawrence M. Tierney**

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**Answers to Medical Diagnosis and Treatment** McGraw-Hill, 2009-01-15 Contains alphabetically arranged entries on over five hundred diseases and disorders that are commonly seen in hospitals and outpatient settings with key information for diagnosis that includes lists of symptoms tests and treatment options and related information *British Medical Journal*, 1876

**Ramamurthy's Decision Making in Pain Management** Ameet Nagpal, Miles Day, Maxim S Eckmann, Brian Boies, Larry C Driver, 2018-07-31 This new edition provides clinicians with the latest advances in the identification diagnosis and management of acute and chronic pain conditions and syndromes Beginning with an overview of pain evaluation the next chapters explain acute and chronic pain The following chapters examine different types of pain including cancer thoracic lower back head and neck and more Each chapter has been fully revised and the third edition features many new topics including a complete chapter dedicated to opioid pharmacology Authored by recognised Texas based experts in the field the text is presented in a clear algorithmic approach enhanced by clinical photographs and figures Key points Fully revised third edition presenting latest advances in diagnosis and management pain Features many new topics including a chapter on opioid pharmacology Authored by recognised Texas based experts in the field Previous edition 9780323019743 published in 2006

**Current Medical Diagnosis and Treatment 2008** Stephen J. McPhee, Maxine A. Papadakis, Lawrence M. Tierney, 2007-11-12 The ultimate clinical companion know what the experts know and make it part of your practice In this trusted text you ll find the most current insights into symptoms signs epidemiology etiology and treatment for over 1 000 diseases and disorders Turn to any topic and you ll find on the spot answers to your questions for both hospital and ambulatory medicine This streamlined authoritative reference gets you up to speed fast on the latest medical advances prevention strategies cost effective treatments and more No wonder it s the most popular annually updated text in internal medicine **CURRENT** Medicine in the right dose exactly what you need for optimum patient care in exactly the right amount of information Comprehensive coverage of inpatient and outpatient care highlighting only the diagnostic and treatment tools pertinent to your practice A to Z overview of internal medicine and primary care topics from gynecology and neurology to toxicology and urology Only text with an annual HIV infection update Essentials of Diagnosis for most diseases disorders Hundreds of drug treatment tables with indexed trade names and updated prices plus helpful diagnostic and treatment algorithms Recent references with PMID numbers for fast access to abstracts or full text articles Evidence based standards for 1 000 diseases and disorders New to this edition New 8 page color insert Extensively revised chapters on Ear Nose and Throat Hypertension Disorders of the Blood Vessels and Lymphatics and Protozoal and Helminthic Diseases Updated chapter on preventive medicine emphasizes disease prevention and health promotion Revamped cancer chapter delivers the very latest treatment advances Common Symptoms chapter expanded to provide more information on treatment Reworked chapter on end of life now addresses palliative care and pain management

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Against Shingles ,2021

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