

Shingles...

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- If you have medical conditions that keep your immune system from working properly such as certain cancers like leukemia and lymphoma, or HIV infection

Heart Health Made Simpler

In addition to ensuring you're up to date on your vaccines, talk to your health care professional about ways you can improve your overall heart health. According to the American Heart Association, heart disease remains the leading cause of death, taking more lives in the United States than any other cause.

Following healthy lifestyle guidance like Life's Essential 8 can make inroads toward preventing heart disease and stroke, and improving brain health. The set of four health behaviors (eat better, be more active, quit tobacco and get healthy sleep) and four health factors (manage weight, control cholesterol, manage blood sugar and manage blood pressure) are key measures for improving and maintaining cardiovascular health.

How to Get the Shingles Vaccine

- 1. Check eligibility:** Recommended by the CDC for adults 50-plus and adults 19 and older with weakened immune systems.
- 2. Find a location:** Most national pharmacies, many primary care and specialty clinics and local health departments offer it. Search your pharmacy's app or website, or call your clinician's office.
- 3. Book it:** Make an appointment online or by phone. Same day or walk in options may be available at pharmacies.
- 4. Bring what you need:** Photo ID, insurance card and a list of medicines and allergies. Wear a short sleeve shirt, if you can.
- 5. Plan for two doses, 2-6 months apart:** When you schedule dose one, set a reminder or book dose two before you leave.
- 6. Cost and coverage:** Many health plans, including Medicare Part D, cover shingles vaccination at low or no cost. Check your benefits or ask the pharmacy to verify coverage.
- 7. After your shot:** A sore arm, fatigue, headache or mild fever are common and usually go away in 2-3 days. Call your clinician about severe or persistent symptoms.
- 8. If you've had shingles before:** You can still get vaccinated after you recover. Ask your health care provider about timing.

Learn more at heart.org/shingles.

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Protect Yourself (and Others) from Shingles

If you have shingles, you can stop the spread by covering the rash and avoiding touching or scratching it. You should also wash your hands often, for at least 20 seconds, and avoid contact with people who may be at heightened risk until your rash scabs over, including:

- Pregnant women who never had chickenpox or the chickenpox vaccine
- Premature or low-birthweight infants
- People with weakened immune systems

Signs and Symptoms of Shingles

Symptoms to watch for: tingling, itching or burning on one side of the body or face; a stripe like rash that turns into fluid filled blisters; headache; fever; or chills.

Act fast: If you think you have shingles, contact your health care professional right away. Treatment works best within 72 hours of the rash appearing. If the rash is near your eye or you have eye pain or changes in vision, seek urgent care.

Lasting impact: The rash typically scabs over and clears within 2-4 weeks, but the pain in the rash area can last about a month. The duration of pain seems to increase with age.



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