



Shingles

Parent Resource Template

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DEFINITION

- The same virus that causes chickenpox also causes shingles.
- Once a person recovers from chickenpox, or less commonly a person who received the chickenpox vaccine, the virus remains dormant until it is re-activated.
- Reactivation of the virus causes shingles rather than another case of chickenpox.
- Emotional or physical stress (such as an illness or injury) can trigger a reactivation.
- Shingles is not contagious but contact with the fluid from the blisters can cause chickenpox in someone who has never had it.

SYMPTOMS

- Tingling, burning and numbness of the skin, usually on one side of the body.
- 1 to 5 days after the tingling or burning starts a red rash appears, then develops into clusters of pus-filled blisters.
- It is possible to have pain without developing blisters.
- Most cases of shingles last 3 to 5 weeks.
- Some people experience pain for years.

TREATMENT/PREVENTION

- Medication to treat shingles should be started as soon as possible to lessen the severity and length of the illness.
- Most adults 50 years and older can get a vaccine for shingles.
- Good hand hygiene.

- Keep the rash covered and avoid contact with the blisters.

RETURNING TO SCHOOL

- Children can return to school if the rash can be completely covered.
- Children can return to school when all the blisters have developed scabs.

CALL YOUR HEALTH CARE PROVIDER

- If you suspect you have a case of shingles.
- If you develop a high fever or feel sick.
- If pain, redness, or rash (with or without blisters) develops on the face, especially near the eyes.
- If blisters continue spreading to other areas of the body.

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Information compiled from the American Academy of Pediatrics and the Center for Disease Control