## **Ask CDC**There's a Vaccine for Shingles?!

[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Welcome to *Ask CDC*, the weekly podcast that answers *your* questions. I'm your host, Susan Laird.

This week's question is from someone wanting more information about Zostavax, the vaccine to prevent shingles, and whether someone who currently has shingles can get the vaccine.

CDC makes recommendations for vaccinations, however we cannot provide personal medical advice. We suggest that you ask your physician or nurse for guidance. He or she is aware of your medical history and will be able to provide the most appropriate medical advice.

Here is some general information about the shingles vaccine. Zostavax is recommended for persons 60 and older, including people who have already had shingles and people with chronic medical conditions. Some people should NOT get the vaccine – check with your doctor. If you have a case of shingles, ask about getting the vaccine afterward. Zostavax is not used to *treat* shingles, but people can be vaccinated after the rash has disappeared.

For more information, go to our website at <a href="www.cdc.gov">www.cdc.gov</a> and search for "shingles" or call 1-800-CDC-INFO.

Thanks for listening. To submit *your* question to Ask CDC, email us at askcdc@cdc.gov.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.