

# Herpes Zoster (Shingles)

---

Herpes Zoster or Shingles is a painful, blistering skin rash due to the ~~v~~ ~~z~~ ~~o~~ ~~s~~ ~~t~~ ~~e~~ ~~r~~ ~~v~~ ~~i~~ ~~r~~ ~~u~~ ~~s~~ virus, the same virus that causes chickenpox. Anyone who has had chicken pox can develop shingles. The virus remains dormant or inactive in certain nerve root cells ~~in~~ ~~the~~ ~~body~~ and only when it reactivates does the rash occur and cause problems.

It is not clear what prompts the virus to reactivate or “awaken” in healthy people. It is believed that a weakness in the immune system, illness, trauma and stress may all trigger an attack.

Symptoms— usually disappears 1-4 days after onset

- The first symptom is usually tingling, burning or extreme sensitivity in one area of the skin. This is usually only present on one side of the body. The pain and burning may be severe and may be present for one to three days before the rash occurs. Red patches on the skin are usually followed by small blisters.
- The blisters break, forming small ulcers that begin to dry and form crusts. The crusts fall off in 2 to 3 weeks. Scarring is rare.
- The rash usually involves a narrow area from the spine around to the front of the belly area or chest.
- The rash may involve face, eyes, mouth, and ears.
- Pain, fever or headache

Treatment

-