

Script – Broadcast – Making the shingles vaccine a priority

BreAnne Gendron, Advanced Practice Registered Nurse, OSF HealthCare

“Shingles is a rash that you develop when a latent virus from chickenpox essentially decides that it's going to make itself known again after being dormant in our body for decades. And it is usually very painful and it's contagious to people who have never had chickenpox, or been vaccinated for it.”

BreAnne Gendron, Advanced Practice Registered Nurse, OSF HealthCare

“If our immune system is suppressed, or we're stressed out, or we're sick with something else, that virus can become active again and it presents as pain and some kind of strange sensation in the place where the rash is going to develop.”

BreAnne Gendron, Advanced Practice Registered Nurse, OSF HealthCare

“It is self-limiting and will go away on its own, but it is good to come and seek treatment in the first two or three days of your rash so that we can give you an antiviral because it reduces your risk of post herpetic neuralgia (PHN), which is even after your rash is gone. The pain sticks around so we want to reduce the risk of that by giving you some treatment.”

BreAnne Gendron, Advanced Practice Registered Nurse, OSF HealthCare

“Shingles is preventable with vaccine. It's painful and contagious to people who haven't had chickenpox or been vaccinated. And it's an easy thing to get done. Get the vaccine so that you don't have to have a painful couple of weeks and have to keep yourself away from your loved ones who may have suppressed immune systems.”