Shingles is a painful skin rash caused by the same virus that causes chickenpox. **One out of every three people 60 years or older will get shingles**, and older adults are more likely to develop severe pain from shingles that can last for months or even years.

If you are 60 years or older, **talk to your healthcare professional about getting shingles vaccine**, as well as other vaccines that may be recommended for you.