



# Stay Healthy

If you are 60 and over, you can avoid painful shingles.

- About 1 in 3 people 60 and over gets shingles.
- Shingles is a painful, blistering skin rash caused by the chickenpox virus.
- One shot can protect you.

**If you are 60 and over, talk to your doctor about getting the shingles vaccine.**