

SHINGLES PARENT FACT SHEET

PARENT/GUARDIAN

Your child may have been exposed to: SHINGLES

Shingles (zoster) is caused by the varicella-zoster virus that remains in the body after a child has had chickenpox (varicella).

Need to stay home?

Yes, if blisters cannot be covered by clothing or bandages, until the blisters have crusted.

No, if blisters can be covered with clothing or bandage.

People with severe shingles should be kept home regardless of whether or not the sores can be covered. Consult with a healthcare professional if you have any questions.

Symptoms

At first, your child may have a lot of pain and itching. Numbness is common around the trunk or on the face. A red rash appears about 1 to 3 days later. Next, clusters of blisters appear. They are usually on the side of the body. The blisters crust over within a few days.

The rash and pain usually disappear in 3 to 5 weeks.

Spread

Shingles does not spread from person-to-person as shingles. If someone who has not had chickenpox in the past touches the fluid from the shingles blister, they may get chickenpox.

Contagious Period

Until one week after the blisters appear.

Call your Healthcare Provider If anyone in your home:

- Has symptoms, treatment may be available.
- Was exposed to shingles and has not had chickenpox or the chickenpox (varicella) vaccine in the past or is pregnant.

Prevention

- Wash hands after contact with fluid from blisters or sores. Your child may need help with hand washing.
- Cover blisters with clothing or bandages.

For more information, please contact your local health department.

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-434-1690 & 775-887-2190 (after hours)

[Central Nevada Health District](#) (Churchill, Mineral, Eureka, Pershing Counties) 775-866-7535

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

Email: dpbhepi@health.nv.gov