

## Contact Details

If you have any questions please telephone the RUH Emergency Department on

**01225 824000 (day)**  
**01225 825015 (night)**

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Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net)  
or telephone 01225 825656.

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## Shingles (Herpes zoster)



## Shingles (*Herpes zoster*)

Shingles (*Herpes zoster*) is caused by the chicken pox virus. This virus can stay hidden and inactive in anyone who has had chicken pox and then years later, can become active again, producing Shingles. It causes a painful rash. This affects one side of your body which can be on your face, scalp, tummy or even your genitals. If your eye becomes involved your vision may become blurred and/or your eye may become red and sore.

The treatment of Shingles is with anti-viral medication. This is usually a tablet or cream but could be an ointment if your eye is involved. You must take this as prescribed by the doctor.

You should have your own towel and flannel while the rash lasts because Shingles is infectious (you can give people chicken pox).

Shingles can be a very painful and debilitating condition and your skin may be sensitive to touch. Your own GP will be able to provide strong painkillers and sometimes sleeping tablets if you need them. The rash may take several weeks to completely disappear.