

Staying Safe with COPD:

Protecting Against SHINGLES

Shingles is a viral infection that occurs in people who have been exposed to the varicella-zoster (chickenpox) virus. When the virus in your body becomes active again, you can experience shingles.

DID YOU KNOW?

People living with COPD are

41% more likely to be affected by the herpes zoster (shingles) virus.¹

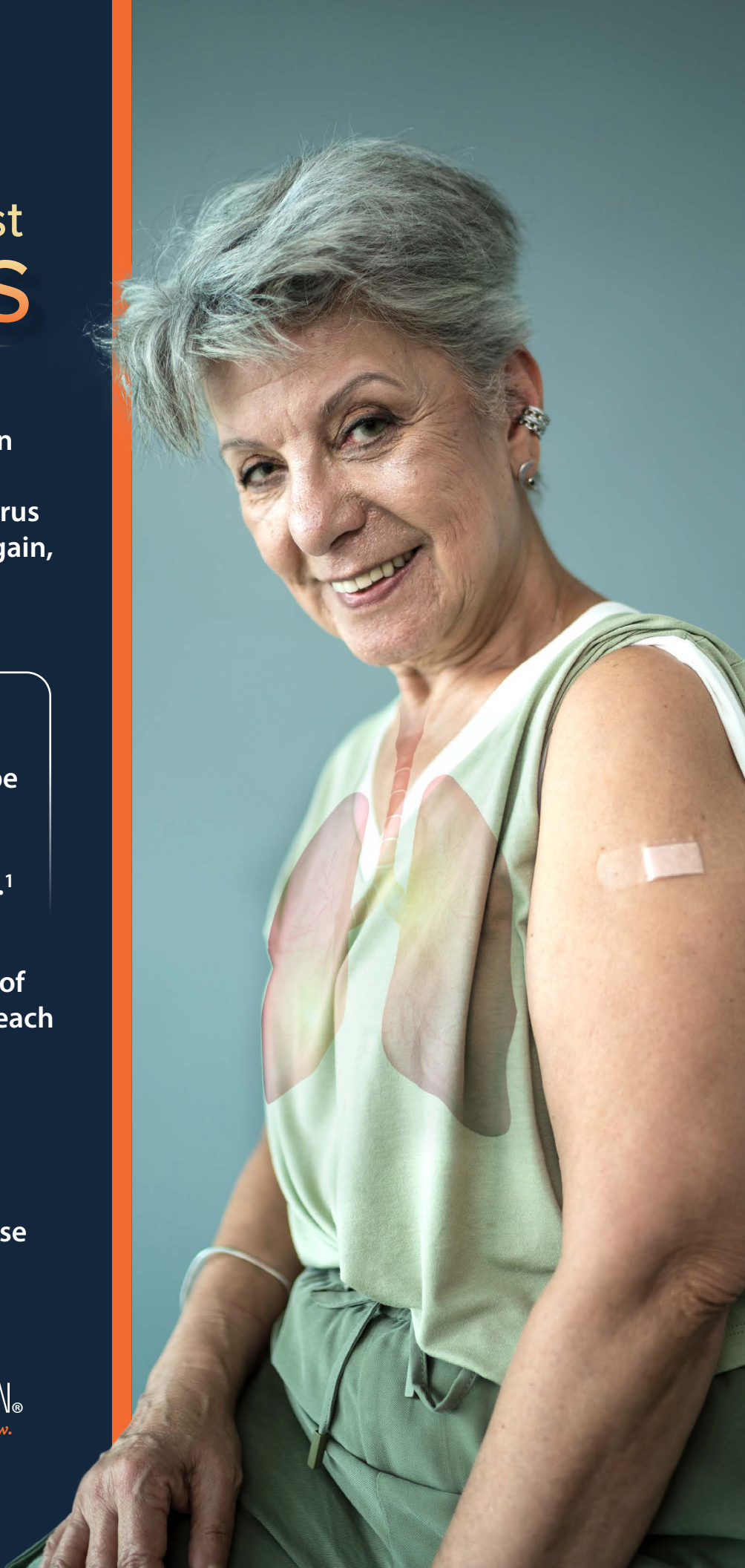
- There are 1 million new cases of shingles in the United States each year.²
- 1 in 3 Americans will develop shingles without vaccination.
- Shingles can lead to an increase in COPD symptoms.³



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What makes me at risk?

If you have COPD, you are 41% more likely to get shingles.¹

Triggers for shingles infections can include:

- Pain, stress, or anxiety
- Immune-suppressing medications
- Infection or other sickness



If you need inhaled corticosteroids for your lungs, you may be at a greater risk for shingles.³

What are the symptoms?

Early signs may include an itchy or painful area on the chest, back, or face.

Symptoms usually last for 2 to 4 weeks, but the pain can last longer.



The most common symptom is a painful, itchy rash that forms a line of blisters on your chest, back, or face.

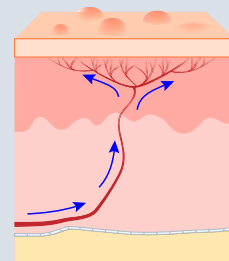
But it is just a rash, right?

Even once the rash clears, some people continue to experience problems.

Post-herpetic neuralgia (PHN):

- Ongoing nerve pain that can last years after the rash has cleared.
- With COPD, the risk of PHN increases by 53%.⁴

If you have shingles, your COPD symptoms may worsen as well.³



Will I be contagious?

If someone who has never had chickenpox comes into direct contact with the blistering rash, they can catch the varicella-zoster virus.

To help stop the spread:

- Keep the blisters covered.
- Avoid touching or scratching the rash.
- Wash your hands often.
- Avoid contact with others while the rash is still blistering.



What can I do to prevent getting SHINGLES

The only way to reduce the risk of symptoms and complications of shingles is to get the two-dose vaccination series.⁵



Talk to your health care provider to see if you would benefit from the shingles vaccination!

Visit the COPD Foundation website for free access to download:

- The My COPD Action Plan at copdf.co/my-copd-action-plan
- Tips for Living Well with COPD at <https://copdf.co/2S2PHAs>
- The COPD Guides for Better Living Exacerbations booklet at copdf.co/guides

References:

- 1) Marra F, Parhar K, Huang B, Vadlamudi N. Risk factors for herpes zoster infection: a Meta-Analysis. *Open Forum Infect Dis.* 2020;7(1):ofaa005. doi:10.1093/ofid/ofaa005
- 2) About Shingles (Herpes Zoster). cdc.gov. May 10, 2023. Accessed January 11, 2024. <https://www.cdc.gov/shingles/about/index.html>
- 3) Muñoz-Quiles C, López-Lacort M, Díez-Domingo J. Risk and impact of herpes zoster among COPD patients: a population-based study, 2009-2014. *BMC Infect Dis.* 2018;18(1):203. doi:10.1186/s12879-018-3121-x
- 4) Forbes HJ, Bhaskaran K, Thomas SL, et al. Quantification of risk factors for postherpetic neuralgia in herpes zoster patients: A cohort study. *Neurology.* 2016;87(1):94-102. doi:10.1212/WNL.0000000000002808
- 5) Shingles Vaccination. cdc.gov. May 8, 2023. Accessed January 11, 2024. <https://www.cdc.gov/vaccines/vpd/shingles/public/shingrix/index.html>

My COPD Action Plan



Tips for Living Well with COPD



COPD Guides for Better Living



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