Learn the truth about this painful, blister-like skin rash. Don't fall for these common myths.

**Top 7 Myths About Shingles**

**Myth 1**
The first sign of shingles is a skin rash.

*Not always!* Shingles blisters typically appear on one side of the torso. But they can also appear on your face, around your eye. See a doctor if you suspect shingles on your face. You may need special care to prevent eye damage.

**Myth 2**
It always appears on your torso.

*Wrong! While not common, you can get shingles on your face or elsewhere. Those who have multiple bouts typically don't get the rash in the same place.*

**Myth 3**
You can only get shingles once.

*Wrong! While not common, you can get shingles more than once. Those who have multiple bouts typically don't get the rash in the same place.*

**Myth 4**
It's not contagious.

*False! A shingles vaccine is available and recommended for people age 60 and older. One shot can reduce your risk of shingles by 50 percent.*

**Myth 5**
There's not much you can do to prevent it.

*Not so! See a doctor immediately for antiviral medication, which can ease your symptoms and make the infection go away faster. The sooner you get it the better — ideally within three days of detecting the illness.*

**Myth 6**
You just have to let it run its course.

*Wrong! While not contagious, someone with shingles can't spread shingles, but they can spread chickenpox. The virus is released from the oozing rash, so keep the rash covered and avoid contact with anyone who has never had chickenpox or a chickenpox vaccine.*

**Myth 7**
It goes away in a couple of weeks.

*BAM! Shingles blisters typically appear on one side of the torso. But they can also appear on your face, around your eye. See a doctor if you suspect shingles on your face. You may need special care to prevent eye damage.*

Learn the truth about this painful, blister-like skin rash. Don't fall for these common myths. Knowing what to watch for and how to strike back is your superpower for defeating shingles.

**Sources**

- http://my.clevelandclinic.org/health/diseases_conditions/hic_Shingles
- http://my.clevelandclinic.org/HealthHub

**Bust those myths and stand for truth.**

**7 MYTHS ABOUT TOP SHINGLES**