

# HEALTHY LIVING

## SHINGLES & PNEUMONIA VACCINES

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LUCE Facts Sheet



### SHINGLES

Shingles is a painful blistered skin rash. It is typically limited to one side of your body. Shingles is caused by the same virus as chickenpox.

### PNEUMONIA

This is an infection of the lungs that can make breathing difficult. Getting pneumonia is more likely if you smoke, have diabetes, or heart disease.

### VACCINES SAVE LIVES

As we get older, our immune system weakens. This makes us more likely to get some diseases and others to be more serious. Shingles is one of the diseases that becomes more likely as you get older. That is why the CDC recommends that all adults over 50 years of age get vaccinated with the shingles vaccine. Medicare Part D and most health insurance plans cover the shingles vaccine.

Pneumonia is a disease that is common in children but becomes more serious as we age. Healthy adults over age 65, smokers, and those with medical conditions like diabetes and heart disease are at the greatest risk of serious illness or death with Pneumonia. Medicare Part B and most health insurance plans cover pneumococcal vaccines.

**CDC says adults 50+ need:**

- COVID booster vaccine
- Influenza (flu) vaccine every year
- Td or Tdap vaccine (tetanus) every 10 years
- Shingles vaccine
- Pneumococcal vaccine (pneumonia) for adults 65 and older

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The health risks for shingles and pneumonia increase following COVID infection. Adults age 50+ were 15% more likely to get shingles after a COVID infection. They were 21% more likely to get shingles if they were hospitalized with COVID. About 15% of all COVID cases cause lung inflammation (COVID pneumonia). While anyone can get COVID pneumonia, it is more likely in those age 65+. A recent study showed that receiving the pneumonia vaccine lowered the chance of COVID hospitalization and death by 32%.



“All adults need immunizations to help them prevent getting and spreading serious diseases that could result in poor health, missed work, medical bills, and not being able to care for family.”

~CDC

About 1 out of every 3 people in the United States will develop shingles in their lifetime and about 1 million people get shingles each year. CDC's data show more than 47,000 people died from pneumonia in the United States during 2020.

## REFERENCES:

01

Images sourced from  
freeimages.com

02

Shingles (Herpes Zoster).  
<https://www.cdc.gov/shingles/index.html>

Pneumonia.  
<https://www.cdc.gov/pneumonia/>

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Pneumonia vaccine may affect course of COVID-19  
<https://about.kaiserpermanente.org/health-and-wellness/health-research/news/pneumonia-vaccine-may-affect-course-of-covid-19#:~:text=Among%20adults%20ages%2065%20years,incidence%20of%20COVID%20D19%20hospitalization>

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Increased Risk of Herpes Zoster in Adults  $\geq 50$  Years Old Diagnosed With COVID-19 in the United States. Open Forum Infectious Diseases, Volume 9, Issue 5, May 2022, ofac118,  
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