

# Helping Adults Today Have Healthier Tomorrows

Ask us what you can do concerning these diseases.



## Shingles (Herpes Zoster)

- Shingles is a painful skin rash on one side of the face or body caused by the chickenpox virus.
- There is often pain, itching, or tingling in the area where the rash will develop.
- A rash then forms blisters.
- The pain may persist for months or even years in some people.

## Pneumococcal Disease

- Pneumococcal disease is caused by bacteria in the nose and throat.
- It can spread when infected people sneeze or cough.
- Common types include an infection of the lung, blood, and lining and fluids of the brain and spinal cord.
- Symptoms depend on the part of the body that is infected.

## Influenza (Flu)

- Influenza viruses cause illness of the nose, throat, and lungs that can spread when infected people cough or sneeze.
- Common symptoms include fever, cough, sore throat, headache, muscle aches, and tiredness.
- Influenza can lead to pneumonia and loss of body fluids.

## Pertussis (Whooping Cough)

- Pertussis spreads easily through the air when an infected person breathes, coughs, or sneezes.
- It is a lung infection that begins with a runny or stuffy nose, sneezing, and a mild cough.
- The cough progresses into coughing fits making it hard to breathe, eat, drink, or sleep.

## Tetanus (Lockjaw)

- Tetanus enters the body through a cut or wound.
- May cause painful muscle spasms, the inability to open the mouth (lockjaw), and difficulty swallowing.

## Diphtheria

- Diphtheria begins as a sore throat with a mild fever.
- People can get a thick coating on the back of the nose or throat causing breathing and swallowing problems.
- It can also affect the heart and nerves.
- Diphtheria spreads when an infected person coughs and sneezes.



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