

# March 2012 is Zostavax® Month

At the State Employees' Insurance Board (SEIB)  
Wellness Center and Pharmacy

## Facts about Shingles

- **Painful, localized skin rash caused by the same virus that causes chicken pox (varicella zoster virus, or VZV)**
- Approximately **1 out of every 3** people in the US will develop shingles, accounting for an estimated 1 million cases each year
- Anyone who has had chicken pox is at risk for developing shingles because the virus remains in the nerve cells of the body, even after the chicken pox infection has cleared
  - Virus can be reactivated and appear many years later
- **Risk factors:**
  - Age  $\geq$  50 years old
  - Medical conditions that prevent the immune system from functioning normally (such as cancer or HIV)
  - Patients receiving immunosuppressant medications (such as steroids)
- People who develop shingles usually only experience one episode in their lifetime; however, it is possible to have additional episodes
- Blisters present in many cases
  - Blisters normally scab over in 7-10 days and resolve in 2-4 weeks
- Shingles that develop on the face can affect the eye and ultimately result in vision loss
- Before a rash is seen, there is usually pain, tingling or itching where the rash will eventually develop
- Symptoms of shingles include fever, headache, chills, and upset stomach

### Wellness Center Hours:

Monday-Wednesday, Friday  
8:00 am to 5:00 pm  
Thursday  
9:00 am to 5:00 pm

**(334) 263-8470**



### Pharmacy Hours:

Monday-Wednesday, Friday  
7:30 am to 5:30 pm  
Thursday  
9:00 am to 5:30 pm

**(334) 263-8460**

Employees and dependents insured by the SEIB (BCBS Group 13000, 60913, 61013, 72013 and Southland Group 2000) can purchase various products at discounted prices at the SEIB Pharmacy.

**NOTE:** Only Group 13000 members may purchase **prescription** drugs.

The SEIB Pharmacy offers **FREE NEXT DAY\*** delivery for your prescriptions! \*Requests must be received by **3 pm**.

Your **insurance card** and a **photo ID** must be presented when purchasing all products and services.

Purchases of over-the-counter items are limited to: 1 box/1 bottle/30-day supply.

Visit the SEIB State Wellness Center & Pharmacy at 101 South Union Street, Montgomery, Alabama.

**334-263-8460**

**[rx@alseib.org](mailto:rx@alseib.org)**

**[www.alseib.org](http://www.alseib.org)**

## **Facts About Zostavax®:**

- Zostavax® takes about 6 weeks to become effective.
- There is no evidence that you will need a second Zostavax® injection and it has been proven to be effective for at least 4 years.
- Zostavax® contains a weakened form of the virus that causes chicken pox. If you plan on receiving Zostavax®, your healthcare provider may advise you to avoid contact for about 6 weeks with certain individuals such as newborns, pregnant women, or people whose immune system may be weakened.
- Zostavax® can be given at the same time as the yearly flu vaccine.
- Zostavax® is free for SEIB patients over the age of 60; if you are under the age of 60 and still desire the vaccine, a cash price is available.

## **Potential Side Effects:**

- Injection-site reactions such as redness, pain, or soreness in the arm.
- Approximately 1-9% of patients will experience headache and 2% will experience a fever.
- Fever and pain may be treated with acetaminophen or ibuprofen, if you are normally able to take either of these medications.
- All side effects should be reported to 1-800-822-7967.

## **You should not receive Zostavax® if:**

- You are sick the day you plan on getting the shot.
- You have taken an anti-viral agent such as Zovirax® (acyclovir) or Valtrex® (valacyclovir) within the past 24 hours.
- You have leukemia or another cancer affecting the bone marrow.
- You have human immunodeficiency virus (HIV) infection or acquired-immune deficiency syndrome (AIDS).
- You receive immunosuppressive therapy such as high-dose corticosteroids.
- You are pregnant.
- You are allergic to neomycin or gelatin.
- You are undergoing treatment with anti-TNF agents such as adalimumab, infliximab, or etanercept, which are used in treating diseases like rheumatoid arthritis.
- You are undergoing hematopoietic stem cell transplants.

**Call the State Wellness Center at 334-263-8470 or 1-877-311-1375 to schedule your appointment to receive Zostavax® today!**

### **References:**

Centers for Disease Control and Prevention  
Lexi-Comp Internet Database