

Leave your job behind when you're on vacation

Thanks to cellphones, smartphones and wireless Internet, it's more difficult than ever to get away from the office. According to Expedia.com's 2007 Vacation Deprivation survey, 23% of workers checked their voice mail or e-mail while on vacation. The survey also found that 35% of Americans did not take all of their vacation days.

Here are some tips on how to leave the job behind:

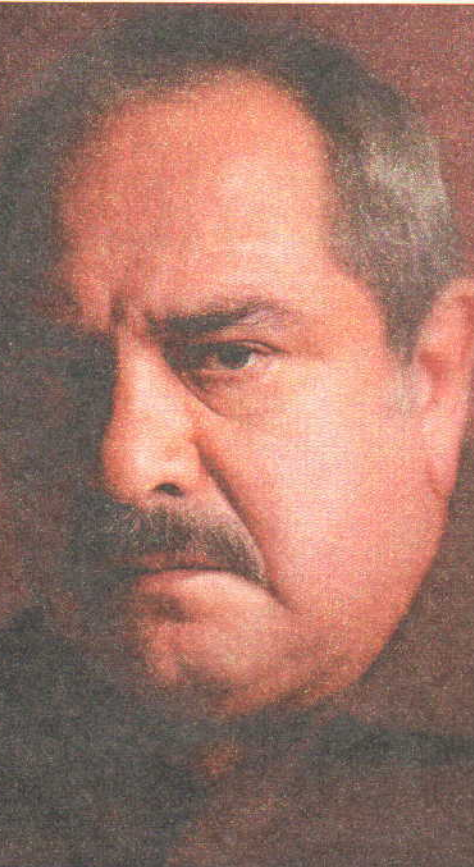
■ **Prepare your workplace for your absence.** "Two weeks prior to your vacation, let your clients, internal team and boss know you're taking time off, and let them know you're going to disconnect," says Karla Robertson, a certified business coach and president of Shifting Gears in Howell, N.J.



■ **Leave your BlackBerry and laptop in the office, and don't check voice mail,** suggests Laura Stack, a time-management trainer and author of *Leave the Office Earlier*. "It's becoming more acceptable to leave extended-absence greetings or automated e-mail responses," she says.

■ **Consider building in an extra day back home** instead of immediately returning to work, suggests Jeff Davidson, author of *Breathing Space: Living & Working at a Comfortable Pace in a Sped-Up Society*. "Before you even depart," Davidson says, "plan your vacation so that you return home one day before you told everybody you would." He adds that you are better off spending one less day at your vacation destination than coming back to work too abruptly. **LV**

I didn't know that
**Shingles had
the potential
to be serious.**
More importantly,
**I didn't know
I was at risk.**



If you've had chickenpox, you're at risk for this potentially serious disease

Nine out of ten adults in the United States have had chickenpox. You were probably one of them. Shingles is caused by the same virus that causes chickenpox. The virus can remain inactive in your body. If the virus becomes active again, it can cause Shingles.

The older you get, your risk for Shingles increases.

As you get older, your immune system weakens. That means your risk for Shingles increases. In fact, of the estimated 1 million cases of Shingles in the United States every year, almost half of them occur in adults age 60 or older. One out of two people who live to age 85 will have Shingles.

Shingles can be painful and potentially serious.

The first signs of Shingles may include itching, tingling, and burning. A few days later a blistering

rash appears, which can last up to 30 days. For some people, the pain associated with the rash lessens as it heals. However, for some people, Shingles may lead to pain that can last for months or even years after the rash heals. This is called postherpetic neuralgia (PHN).

The pain from PHN can range from burning or throbbing to pain that is stabbing or shooting. For many people with PHN, even the touch of soft clothing or a slight breeze against the skin can be painful.

Shingles can lead to other serious complications that may include scarring, skin infections, muscle weakness, and decrease or loss of vision or hearing.

For more information, call 1-888-874-4646 (1-888-8-SHINGLE) or visit shinglesrisk.com

Ask about the facts. Talk to your doctor or healthcare professional to