



Shingles vaccine

shingles

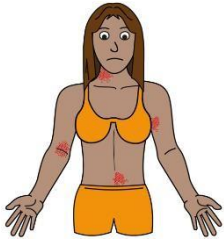


The **shingles vaccine** helps **protect you** from **shingles**.

Shingles can make you really **poorly** sometimes for many weeks.

You can get shingles more than once.

rash



If you have shingles you might feel poorly first and then a **rash** will appear later.

The shingles rash is **liquid filled** spots which are **red**, **painful** and **can itch or sting**.

The red rash can be harder to see on black or brown skin.

The rash can be on any part of your body but will only be on **one side**.

pain



Shingles may cause you pain even after the rash has

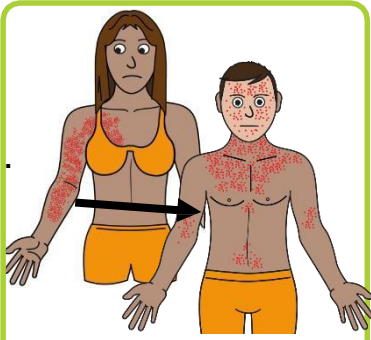


If you have shingles

You may **not feel hungry**

You might have a painful **headache** and feel unwell.

You may find it **hard to sleep**.



You **cannot catch** shingles. You can only get shingles if you have had chickenpox.

If you have shingles, you **can give** chickenpox to someone who has not had chickenpox before.

Not everyone who has had chickenpox will get shingles.

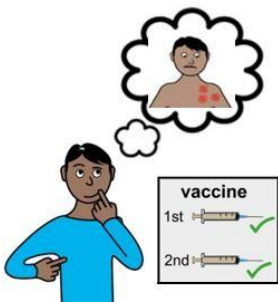
over 65's



Who can have the shingles vaccine

- Anyone aged **65 on or after 1st September 2023**
- Anyone aged **70 - 79** who has not had the vaccine
- Anyone aged **50 or over** who has a **severely weakened immune system**.

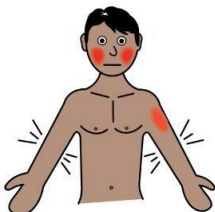
You can have the vaccine even if you have had shingles before.



The shingles vaccine is given as **two injections**.

The **second** injection is given between **two and twelve** months after the first injection.

possible side effects



Side effects from the injection are usually **not serious**.

Sometimes you can get a **lump** or **pain** where the injection was given, a **headache**, a **fever**, feeling **tired**, feeling **sick** or being sick or feeling **shivery**.

Not everyone gets side effects.



The vaccine is **free safe**

phone your GP



It is important to be **protected** from serious disease.

Phone your GP Practice to book an appointment for your vaccine.