

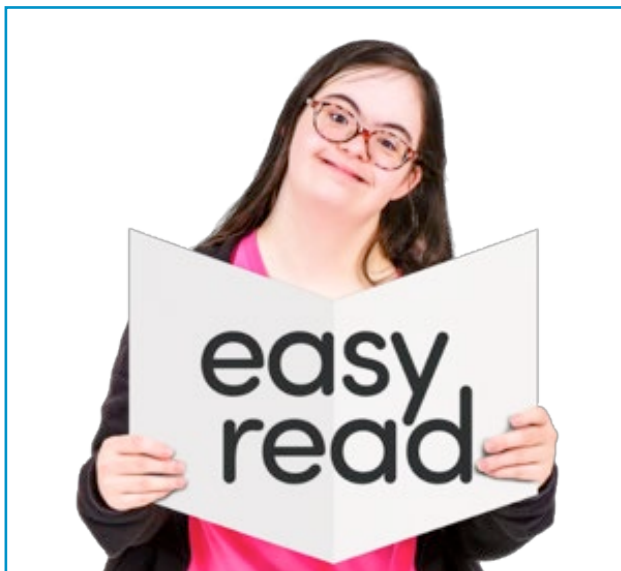
# The shingles vaccine

Information about the **shingles vaccine**

**I am having  
the vaccine**



# What is shingles?



This leaflet will explain what shingles is and how the vaccine can help you.



Shingles is caused by a virus and can be very painful.



Shingles can cause a rash like this on your body.



- Shingles can make you feel unwell.
- It can make older people feel more unwell than others.
- It can last a long time and cause other problems.



You cannot get shingles from other people.



- Having the vaccine will stop you becoming very unwell with shingles.
- The shingles vaccine will not give you shingles.

# Who can get the shingles vaccine?



You can get the vaccine when you reach your 65th or 70th birthday.

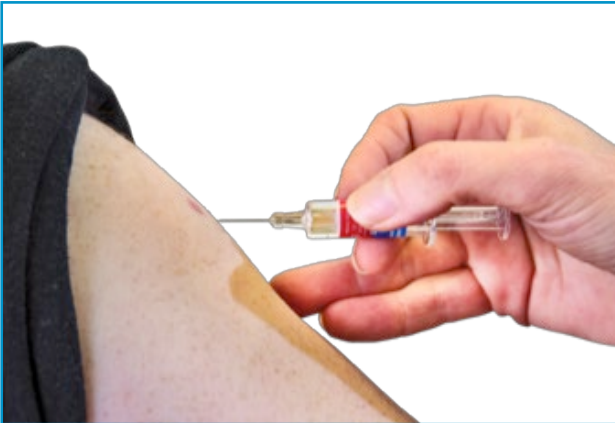


You can also get the vaccine if you're 18 or older and have certain health conditions.

# The shingles vaccine



- It is important to get your shingles vaccine.
- The shingles vaccine is free and it will help stop you getting shingles.



When you go for your shingles vaccine, a nurse or doctor will put the vaccine in the top of your arm.



The vaccine for shingles is called Shingrix.



You will need to have the vaccine two times.



The second vaccine will be 2 to 12 months after the first one.

# Some things you might feel after the vaccine



Some pain and redness where you had your vaccine.



A headache.



Sore muscles.





Tired.



- You can rest and take paracetamol to help you feel better.
- Always make sure you follow the information on the box.



If you have any more questions about shingles, or about your health, you should speak to your doctor.



# Further information



Speak to your GP or practice nurse for more information on shingles, or scan the QR code using a smart phone to take you to the website

**[www.nidirect.gov.uk/conditions/shingles](http://www.nidirect.gov.uk/conditions/shingles)**



For more information about the shingles vaccine (Shingrix®), scan the QR code to take you to the website **[medicines.org.uk/emc/product/12054/pil](http://medicines.org.uk/emc/product/12054/pil)**



To hear an audio recording of whether you are eligible for the vaccine, you can telephone: 028 9536 2000.

# Thank you



**Public Health Agency**  
12-22 Linenhall Street, Belfast BT2 8BS.  
Tel: 0300 555 0114 (local rate).  
[www.publichealth.hscni.net](http://www.publichealth.hscni.net)

Find us on:

