

Shingles & the Shingrix Vaccine

What you need to know



→ What is shingles?



Shingles is a painful rash of blister-like sores on one side of the face or body. You might also have a fever, headache, chills, or an upset stomach.

What causes shingles?

Shingles is caused by the same virus as chickenpox. So if you had chickenpox as a child, this virus might become activated again when you are older to become shingles.

→ Is there a shingles vaccine?



Yes! Shingrix is a vaccine that gives strong protection against shingles and the pain you might feel in your skin where you had shingles (called postherpetic neuralgia). The vaccine is given in 2 doses, 2 - 6 months apart.

Who should get Shingrix?

- Adults age 50 and older
- Adults age 19 and older who have weakened immune systems
- **These groups should get Shingrix even if they:**
 - Had shingles in the past
 - Got the Zostavax vaccine (for shingles)
 - Got the varicella vaccine (for chickenpox)

Where can I get Shingrix?

Ask your doctor or local pharmacist



What will I feel if I get the vaccine?

After getting the vaccine, you might feel:

- Soreness, redness, or swelling where you got the vaccine
- Very tired
- Muscle pain or headache
- Fever or chills
- Stomach pain or nausea



How can I learn more about Shingles?

To learn more, visit: www.cdc.gov/vaccines/vpd/shingles/public/shingrix/index.html