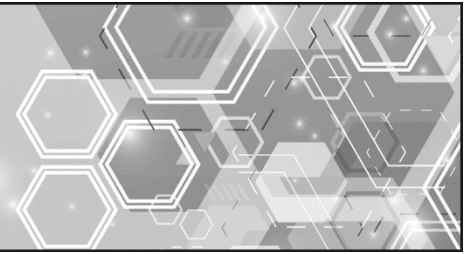




Durham Region Health Department **Facts about...**



Shingles (Herpes Zoster) Vaccine

What is it?

Shingles vaccine protects against shingles, an infection caused by the chickenpox virus. This infection happens only in people who have been exposed or had chickenpox in the past. For more information, see Facts About... Shingles.

In Canada, there are two vaccines that protect against shingles (also known as herpes zoster [HZ]) infection; Zostavax® II and Shingrix.

Shingrix is **free** for people between the ages of 65 and 70 years old. Zostavax® II is not free but people can buy it from the pharmacy.

How effective is the shingles vaccine?

Shingrix vaccine is more than 90% effective at preventing shingles and 88-91% effective at preventing post herpetic neuralgia (a painful nerve condition people can get after having shingles).

Who should get the vaccine?

- Individuals 65 to 70 years old for free.
- Individuals aged 65 to 70 years who previously paid for Zostavax® II vaccine are eligible to receive the publicly funded Shingrix® vaccine.

The vaccine may be recommended for others at risk for the disease, however the vaccine would have to be purchased. Talk to your health care provider or check with your private health insurance if you are not eligible to receive the vaccine for free.

What is the schedule for the vaccine?

The Shingrix vaccine is routinely given as a 2-dose series, 2 to 6 months apart.



Are there side effects with the vaccine?

- Shingles vaccine is safe and well tolerated. Side effects are usually mild and last a short time.
- The most common side effects are redness, pain and swelling where the needle was given.
- If you think a serious reaction is developing, seek medical attention right away. Any unusual or significant changes in your health after the immunization should be reported to a health care provider and the Health Department.

Who should NOT get the vaccine?

- If you have a severe allergy (anaphylaxis) to any previous vaccine(s) or to any part of the vaccine.
- People who are pregnant, trying to get pregnant or are breastfeeding.
- People who have shingles should wait 1 year before getting the Shingrix vaccine.

For more information on contents of the vaccine, refer to the [Canadian Immunization Guide](#).

Don't forget to update your immunization record

After you receive a vaccine, update your immunization record (yellow card). Keep your records in a safe place.

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905-668-2020 or 1-800-841-2729 | durham.ca/health

If you require this information in an accessible format, contact 1-800-841-2729.

