UK Health Security Agency

NHS





Easy read guide to shingles vaccination

There is a vaccine to help with the pain of shingles



What is shingles?



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



Shingles can make you feel unwell and you may get a rash.



Shingles can make older people more unwell than others.

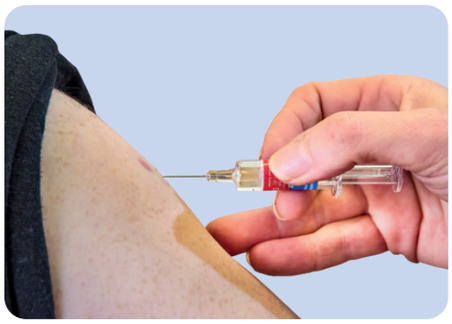


You can not catch shingles from other people.



It is important to get your shingles vaccine. It is free and will stop you getting shingles.

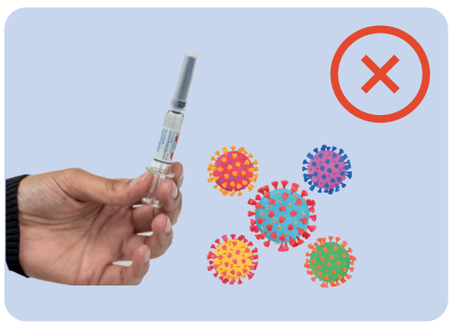
The shingles vaccine



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



Having the vaccine will stop you becoming very unwell with shingles.



The shingles vaccine can’t give you shingles.

Who can get the shingles vaccine?



70

Everyone who is 70 to 79 years old.



18

Everyone who is over 18 who has serious problems with their immune system. This is when your body finds it hard to fight infection.



65 or 70

If you are 60 to 70 years old you can get the vaccine when you reach your 65th or 70th birthday.

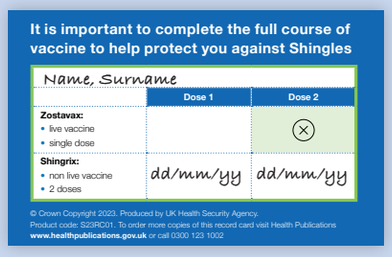
What vaccine will I be given?



The vaccine for shingles is called Shingrix. You will need to have the vaccine twice.



When you have had your first vaccine, you should be given a record card.



Your doctor or nurse will fill in when to come back for a second time.



Keep your record card safe and make sure you come for your second appointment.



Your doctor or nurse will contact you to let you know when you can have your vaccine.

Some things you might feel after your shingles vaccine



Have some pain and redness where you had your vaccine.



Have a headache.



Find your muscles ache.



Feel tired or a bit unwell.



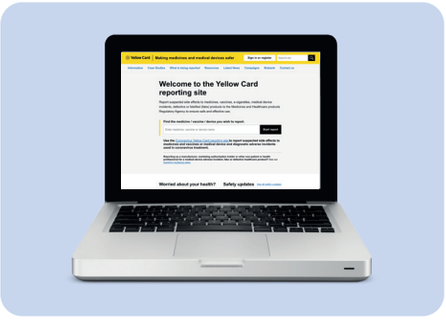
If you feel unwell you should rest.



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



If you have any questions about your health but it is not an emergency, you can ring 111 or speak to your doctor. You can also find support on NHS 111 online. **111.nhs.uk**



You can report any other symptoms you get after having the vaccine to the Yellow Card scheme. You might want to ask someone to help with this. You can find out how on the MHRA Yellow Card website. **yellowcard.mhra.gov.uk**



Ask your GP practice for a shingles sticker when you have your vaccine.



Please keep your record card safe.

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