

## Shingles

# Aged 50 or over?

**As you get older, the risk and severity of shingles increases. The good news is that you can lower your risk of getting shingles with a single vaccination.**

Around one in five people who have had chickenpox go on to develop shingles. Shingles causes a very painful rash usually on the face or torso. Once the rash has healed, you might be left with persistent pain in that area which can last for months.

Zostavax® can be given as a one-off dose from the age of 50. It will lower your risk of getting shingles but most importantly it reduces the risk of pain from the rash should shingles occur.

You receive the vaccine when you're in good health. It is not a treatment for shingles and after an episode, you should wait approximately 12 months before having the vaccine.

Zostavax® is well tolerated: the most common side-effects are tenderness at the site of the injection and a headache, which you can treat with ibuprofen/paracetamol.

**Please speak to the doctor if you would like to arrange a vaccination or require further information. You can also visit [www.surreygp.com](http://www.surreygp.com).**

Tel: 01483 230481 / 0345 4599972

Email: [admin@surreygp.com](mailto:admin@surreygp.com) Fax: 01483 230478

[www.surreygp.com](http://www.surreygp.com)

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