

# PROTECT YOURSELF AGAINST SHINGLES!

## The shingles vaccine



### What does this vaccine protect against?

This vaccine protects against developing herpes zoster, also known as shingles. Shingles is a painful, blistering rash caused by the same virus as chickenpox. The blisters can last several weeks, and the nerve pain from shingles can be severe and last for months or even years.

### Who should get this vaccine?

- If you are aged 50 years or older
- If you are younger and have certain immunocompromising conditions (e.g., certain medications and/or medical conditions that significantly weaken your immune system)
- You need two doses of the Shingrix vaccine, with the second dose administered 2 to 6 months after the first dose.



### Who should not get this vaccine?

If you are allergic to any component of the vaccine or if you had a severe (serious) or unusual side effect after this vaccine or one like it.

### What are the side effects of this vaccine?

The side effects tend to be mild and temporary and may include mild or moderate, stomach pain, nausea, redness and swelling at the injection site, tiredness, headache, shivering, and fever. Side effect symptoms can be managed by placing a cool, wet cloth on the injection site or by taking medications like ibuprofen or acetaminophen to deal with fever or pain.



### If you have any additional questions or want to schedule your vaccination, you can:

- Call Health Link at 811
- Call AIMGA's Multilingual Health Hub for Newcomers Phone Line at 1-587-392-8062
- Contact your family physician or primary care network
- Visit [booking.aimga.ca](https://booking.aimga.ca) to book a patient navigator