

## What is shingles?

- Shingles is caused by the same virus that causes chickenpox.
- When you recover from chickenpox, the virus becomes inactive and stays in your nerve roots (nerves that immediately branch off from your spinal cord).
- Aging, stress, diseases, medicines or medical treatments may reactivate the virus to cause shingles.

## How is the Shingles virus spread?

- Shingles cannot spread from person to person.
- However, a person who has never had chickenpox can get chickenpox after coming in direct contact with the chickenpox virus in the fluid of the shingles blister.

## What are the symptoms of Shingles disease?

- Shingles symptoms happen in stages:
  - Initially, may have a headache, fever and flu-like symptoms.
  - Next, feel tingling, sensitivity to touch or pain in an area on one side of your face or body.
  - Soon a red rash develops in a band or stripe on that one side of the face or body.
  - Finally, the rash then turns into painful, fluid-filled blisters that break open and crust.
- Shingles can lead to scarring, secondary bacterial infections, pneumonia, loss of hearing or vision, inflammation of the brain, and death.

## Symptoms of Shingles (continued):

- About 12% of those with shingles experience a complication called post-herpetic neuralgia, which involves burning, shooting or stabbing pain which can persist for months or even years.
- It is possible to get shingles more than once.

### Who may get this vaccine for free?

See the link or scan the QR code below to find out if this applies to you.

<https://pubsaskdev.blob.core.windows.net/pubsask-prod/146014/ShinglesVaccine.pdf>



## Who should purchase this vaccine?

- Individuals 50 years and older who do not qualify for publicly funded shingles vaccine.
- Those who are 18 years of age or older who do not qualify for publicly funded shingles vaccine, and who are or will be at increased risk of shingles due to immunodeficiency or immunosuppression caused by known disease or therapy.

## How long does protection last?

- The need for a booster has not been currently established, once the two-dose series is completed.



## Who should not get this vaccine?

- Anyone who has had a life-threatening allergic reaction to a previous dose of the vaccine or any of its components.
- People who have a serious acute illness, including active shingles disease, with or without a fever, should delay immunizations.
- People who are pregnant, as there is no data on the use of Shingrix® in pregnancy.
- Shingrix® is not indicated for the prevention of primary varicella infection (chickenpox) or for the treatment of herpes zoster or post-herpetic neuralgia.

## What does the vaccine contain?

- A dose of Shingrix® contains 50mcg of Varicella Zoster Virus (VZV) glycoprotein E (gE).
- Non-medicinal ingredients: Quilisa saponaria Molina fraction 21 (O<sub>1</sub> 21), 3-O-desacyl-4'-monophosphoryl lipid A (MPL), Dipotassium phosphate, Polysorbate 80, Sodium dihydrogen phosphate dihydrate, Sucrose, Cholesterol, Diglycerol phosphatidylcholine, Disodium phosphate anhydrous, Potassium dihydrogen phosphate, Sodium chloride and water for injection.

## What are common reactions to this vaccine?

- **Vaccines are very safe and effective. It is much safer to get this vaccine than it is to get shingles.**
- Most reactions are mild to moderate and can last up to 3 days.
- Soreness, redness or swelling at the injection site.
- Headache, muscle pain, fatigue, shivering, fever.
- Stomach complaints (nausea, vomiting, diarrhea and/or stomach pain).
- Rare cases of Guillain-Barré syndrome (GBS) have been reported in individuals 65 years and older following the first dose, but the available information is insufficient to determine a causal relationship with the vaccine.

## Who should you report reactions to?

- Call your local public health office to report any unexpected side effects or adverse reactions at the number located below.
- If medical care is required, call 811 or see your doctor or nurse practitioner.



**It is important to stay in the clinic for 15 minutes after getting any vaccine.**

With any vaccine there is an extremely rare possibility of a life-threatening allergic reaction called anaphylaxis. This may include hives, difficulty breathing, or swelling of the throat, tongue or lips.

This reaction can be treated and occurs in less than one in one million people who get the vaccine. If this happens after you leave the clinic, get medical attention or call 911 right away.

**For more information call**

