

Get your  
**FREE**  
SHINGLES  
VACCINE\*

“The Shingles vaccine is now **FREE for us!**”\*



If you're aged 65-80,  
it's **FREE for you too!**\*

## As you age, your risk of Shingles increases and the symptoms can be more severe

When you're young, your immune system is usually strong enough to keep the virus in check.

But as you age, it becomes easier for Shingles to break through your body's defences.

**Around 1 in 3 people will get Shingles in their lifetime**

Shingles is more common and can be more severe as you get older.

Two thirds of Shingles cases occur in people aged 50 years and older; by the age of 85, 50% of people will have experienced Shingles.



## Shingles can be even more painful than it looks

Shingles can appear as an unsightly, blistering rash, more often on your face or torso. Whilst the rash can look terrible it is the pain that most sufferers remember.

And for one in five people with Shingles, the pain will worsen due to a complication called postherpetic neuralgia (PHN); chronic nerve pain that can last for months – even years – after the rash has healed.

*A severe Shingles rash is not easy to look at so these examples only show mild and moderate rash. To see more examples and the impact Shingles can have, go to [www.shingles.co.nz](http://www.shingles.co.nz)*

# Shingles is caused by the chickenpox virus

97%

of New Zealand adults have had chickenpox

So if you've had chickenpox, you're carrying the virus that causes Shingles.

That's because the chickenpox virus never leaves your body. Instead, it stays in your nervous system and can re-emerge as Shingles at any time.



## Remember:

- Around 1 in 3 people will get Shingles
- If you are over 50, your risk of Shingles and associated chronic pain increases
- Shingles can strike at any time
- The pain of Shingles can last for months (even years) after the rash has gone
- If you are aged 65-80, the Shingles vaccine is FREE for you\*

**Help prevent Shingles.  
Get vaccinated**

## Help protect yourself from the debilitating consequences of Shingles

A single dose vaccine, ZOSTAVAX, reduces the risk of developing Shingles – and its associated short and long-term pain.

**If you are aged 65-80**, ask your doctor today if you can have the FREE Shingles vaccine.\*

**ZOSTAVAX™**  
Zoster Vaccine Live (Oka/Merck)

\*Funded for people aged 65 years from 1st April 2018 and for people aged 66-80 years from 1st April 2018 until 31st March 2020

Visit [www.shingles.co.nz](http://www.shingles.co.nz) to find out more.

**THINGS TO KNOW BEFORE USING ZOSTAVAX (zoster virus vaccine, live)** 19,400 PFU as 0.65 mL vial for injection: ZOSTAVAX is used in adults 50 years of age and over to help prevent shingles and associated pain. ZOSTAVAX should not be used in people who have a weakened immune system as a result of disease, medicine or other treatment. Common side effects are: headache, localised injection site reactions and pain in the arm or leg. All medicines have risks and benefits and the protective effect of vaccines can vary from person to person. Consult your health professional to see if ZOSTAVAX is right for you. If you have side effects, see your health professional. For additional product information, consult the Consumer Medicine Information, available on request from 0800 500 673 or refer to the Medsafe website [www.medsafe.govt.nz](http://www.medsafe.govt.nz). ZOSTAVAX is a prescription medicine, fully funded for people aged 65-80 years, otherwise a charge will apply. Ask your health professional the cost of the vaccine and any other medical fees that may apply. Based on data sheet prepared 07/08/2017. Supplied by: Merck Sharp & Dohme (NZ) Limited, Newmarket, Auckland. VACC-1240558-0024. First issued Jan 2018. TAPS NA9661.