

# SHIELD YOURSELF FROM SHINGLES



**IF YOU'VE HAD CHICKENPOX  
AS A KID, YOU COULD GET  
SHINGLES AS AN ADULT.**

**Get the safe and effective shingles vaccine – for us mob 50 or older, it's free!** Yarn to your health professional about your eligibility for the vaccine or visit [health.gov.au/shield-yourself-from-shingles](https://health.gov.au/shield-yourself-from-shingles)

