

SHIELD YOURSELF FROM SHINGLES



**YARN WITH YOUR HEALTH
PROFESSIONAL ABOUT THE
SHINGLES VACCINE THAT'S FREE
FOR US MOB 50 YEARS OR OLDER**



Australian Government
Department of Health
and Aged Care



National
Immunisation
Program

A joint Australian, State and Territory Government Initiative

WHAT IS SHINGLES?

If you've had chickenpox as a kid, you can get shingles as an adult.

Shingles is a viral infection that can be really nasty; especially if you're over 50 or if your immune system is weak.


It can:

- cause a painful, blistering rash
- bring on sudden and intense pain that can last for months
- be very severe and impact your life
- lead to serious illness in some cases.

SHIELD YOURSELF FROM SHINGLES

The good news is, there's a safe and effective shingles vaccine for us mob 50 years or older.

It's free!



**SHIELD YOURSELF
FROM SHINGLES
YARN TO YOUR HEALTH
PROFESSIONAL ABOUT
YOUR ELIGIBILITY FOR
THE FREE SHINGLE
VACCINE TODAY.**

For more information visit

health.gov.au/shield-yourself-from-shingles



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