

# SHIELD YOURSELF FROM SHINGLES

**Are you  
65 or  
older?**

**TALK TO YOUR HEALTH  
PROFESSIONAL ABOUT GETTING  
THE SHINGLES VACCINE FOR FREE.**



Australian Government  
Department of Health  
and Aged Care



National  
Immunisation  
Program

A joint Australian, State and Territory Government Initiative

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

## **WHAT IS SHINGLES?**

Shingles is a viral infection that can be really nasty; especially as you get older or if your immune system is weak.

Did you know one in three people will get shingles in their lifetime? If you had chickenpox as a child, you can get shingles as an adult.

### **It can:**

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

## **SHIELD YOURSELF FROM SHINGLES**

Vaccination is a safe and effective way to protect yourself from shingles.

Shingles vaccination is available for free for:

- people aged 65 or older
- Aboriginal and Torres Strait Islander people aged 50 or older
- immunocompromised people aged 18 years or older with eligible medical conditions.

For more information visit  
**[health.gov.au/shingles-vaccine](https://health.gov.au/shingles-vaccine)**

