

**50+ or
immune
compromised?
Protect
Against
Shingles!**



Get 2-doses of the Shingles Vaccine (Shingrix®)

What are the benefits of getting the Shingles Vaccine?

- It is the best way to prevent shingles (a painful rash that can cause long-term nerve pain).
- It is 90% effective at preventing shingles, even in people who had shingles before.

Who should get the vaccine?

CDC recommends 2 doses of the vaccine, 2-6 months apart for:

- Ages 50 years and older.
- Ages 19-49 years with a weakened immune system.

Is Shingrix® covered by my health plan?

Shingrix® is covered by most private insurance, **Medicare Part D (now with no co-payment)**, and Medi-Cal. Call your plan to confirm coverage or fees.

What should I expect after my shot?

Commonly, people have a sore arm or swelling where the shot was given. Some people have fatigue, headache, stomach ache, or nausea for a few days or less.

For more information, talk to your healthcare provider or visit [CDC.gov/shingles/vaccination.html](https://www.cdc.gov/shingles/vaccination.html)

1 out of 3 people in the U.S. will get shingles. Your risk goes up as you age.

“ Jim’s Story

He said it felt like someone was stabbing him....

—wife of shingles survivor, Jim. See full “A Shingles Story” at [ShotByShot.org](https://www.shotbyshot.org)

Ask your doctor or pharmacist for the shingles shot today!

