

# Shingles Vaccine



« Vaccination is good protection »

This vaccine protects you against shingles. Shingles is caused by reactivation of the chickenpox virus in a person who has already had the illness. It may occur at any age but is more common in elderly people. You cannot catch shingles from a person with shingles. However, you can contract chickenpox from this person if you have direct contact with their shingles lesions.

	Shingles causes:	Possible complications:
<b>DISEASE</b>	<ul style="list-style-type: none"> <li>• A painful blistering rash on one side of the body, along a nerve pathway, lasting 2 to 3 weeks</li> <li>• Redness and vesicles (tiny blisters) that burst and develop scabs in the painful area</li> </ul>	<ul style="list-style-type: none"> <li>• Scars</li> <li>• Bacterial infection of lesions</li> <li>• Pain lasting several months along the pathway of the affected nerve (neuralgia)</li> <li>• Vision problems if face is affected</li> <li>• A spread of the infection to the whole body</li> <li>• Death</li> </ul>

## VACCINE

Vaccination is the best way to protect against shingles and its complications. This vaccine is given to people aged 60 or over. It is approximately 65% effective in preventing shingles; effectiveness decreases with age. When shingles occurs despite vaccination, the risk of neuralgia is still 40% lower.

The shingles vaccine is safe. Most reactions are harmless and do not last long. Symptoms experienced after vaccination are not necessarily caused by the vaccine.

	Possible reactions to the vaccine:	What to do:
<b>REACTIONS</b>	<ul style="list-style-type: none"> <li>• Pain, redness, swelling (10-49%), itching or heat (1-9%) at the injection site</li> </ul>	<ul style="list-style-type: none"> <li>• Apply a cold, damp compress to the injection site</li> </ul>
	<ul style="list-style-type: none"> <li>• Headache (1-9%)</li> </ul>	<ul style="list-style-type: none"> <li>• See a doctor if symptoms are severe</li> </ul>
	<ul style="list-style-type: none"> <li>• A few pimples resembling chickenpox (1 to 9 per 1,000)</li> </ul>	

As with any drug or biological product, an allergic reaction may occur. If a severe allergic reaction occurs, it begins within minutes and the person administering the vaccine will be able to treat it. That is why you are advised to remain at the clinic for at least 15 minutes after the vaccine is administered.

If you have any questions, ask the person administering the vaccine or contact Info-Santé (8-1-1) or your doctor.