

Shingles Vaccine (Shingrix)

Shingles is a common disease caused by the same virus that causes chickenpox. Nearly 1 in 3 people will get shingles during their lifetime. In most cases, shingles can be prevented with a vaccine called **Shingrix**.

Why is a shingles vaccine important?

The shingles vaccine, Shingrix, is effective at preventing shingles—and its symptoms—in 9 out of 10 people who get the vaccine. Shingles causes a painful rash and blisters and can lead to serious complications. The most common complication is a burning nerve pain that may last long after the rash and blisters are gone. The older you are when you get shingles, the higher your risk for having severe nerve pain.

Who should get Shingrix?

Adults age 50 and older should get 2 doses of Shingrix. The second dose is given 2 to 6 months after the first one. You should get Shingrix even if you:

- Are not sure if you've had chickenpox
- Have already had shingles
- Have received another shingles vaccine, called **Zostavax**

Who should not get Shingrix?

You should not get Shingrix if you:

- Currently have shingles
- Are pregnant or breastfeeding
- Have allergies to any ingredients in the vaccine
- Have ever had a severe allergic reaction after getting a dose of Shingrix
- Are not immune to the virus that causes chickenpox

If you're sick and have a fever of 101.3°F (38.5°C) or higher, you'll need to wait until you're feeling better, and no longer have a fever, before getting Shingrix.



Getting vaccinated is much safer than getting the diseases vaccines help prevent.

What are the side effects?

The side effects are usually mild and should go away after a few days. Side effects may include:

- Pain, soreness, swelling, or redness where the shot was given
- Headache
- Muscle aches
- Fever or chills
- Fatigue (tiredness)
- Stomach pain or upset stomach

Serious side effects are very rare. If 1 million doses of a vaccine are given, 1 to 2 people may have a severe allergic reaction. See [page 2](#) for more information on serious side effects.

Where can I learn more?

The Centers for Disease Control and Prevention (CDC) maintains Vaccine Information Statements (VISs) for recommended vaccines. Read the VIS for the Shingrix [here](#).

When should I call my doctor?

If you think you are having a severe allergic reaction or other emergency that can't wait, call 9-1-1 or get to the nearest hospital. Otherwise, call your healthcare provider. Signs of a severe allergic reaction can include:

- Swelling of the face and throat
- Difficulty breathing
- Fast heartbeat
- Dizziness

Questions for my doctor

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