

# Shingles vaccination

**Shingles is a disease that can affect people who have already had chickenpox. It causes very painful sores on the skin.**

**The vaccine is recommended and free for people aged 71 and over.**

**People aged 50 to 70 can receive the vaccine, but they must pay a fee.**

## Why get vaccinated?

- The vaccine reduces the risk of developing shingles.
- The vaccine provides protection for at least 10 years. Two doses of the vaccine are required.
- If you get shingles but have had the vaccine, the pain lasts for a shorter period of time.
- Getting vaccinated is the best way to protect yourself against shingles.

## How to make an appointment to get vaccinated



**clicsante.ca**

**1-877-644-4545**



### Have questions about the vaccine?

Be sure to talk to your pharmacist, doctor or other healthcare professional.

To speak with a nurse, please call Info-Santé at 811, and choose option 1.

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