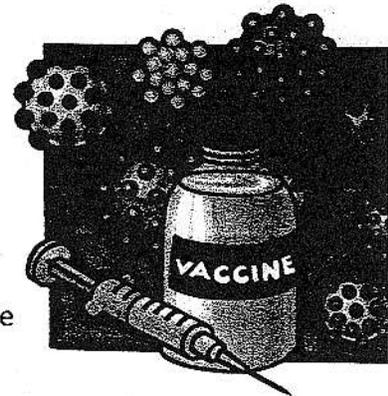


SHINGLES VACCINE—WHO NEEDS IT AND WHAT YOU SHOULD KNOW

Shingles is a painful skin rash that is caused by the varicella zoster virus (VZV), the same virus that causes chickenpox. Shingles is also known as the herpes zoster virus or zoster. The vaccine for shingles is Zostavax® and is recommended for use in people 60 years or older to prevent shingles, regardless of whether you recall having had chickenpox or even if you've had shingles. This is a one-time vaccination and there is no maximum age for getting the vaccine.

People who should NOT get the vaccine include the following:

- those who have had a life-threatening or severe allergic reaction to gelatin, the antibiotic neomycin, or any other component of shingles vaccine
- any person who has a weakened immune system because of HIV/AIDS or another disease that affects the immune system, treatment with drugs that affect the immune system, such as steroids, radiation or chemotherapy, a history of cancer affecting the bone marrow or lymphatic system



No serious side effects have been identified with the shingles vaccine. The most common reactions to the vaccine are redness, soreness, swelling or itching at the shot site, and headache. All Medicare Part D plans cover the vaccine but the amount of co-pay varies. Medicare Part B does NOT cover the vaccine. Some private insurance companies or Medicaid may cover the vaccine depending on your plan; contact your insurer to find out.

Our health department is able to administer the shingles vaccine at a much reduced cost to those persons who do NOT have Medicare Part D or private insurance which covers the cost of the vaccine. Please contact us to see if you would qualify.

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