

Important Information About Shingles Vaccination



What is shingles?

- Shingles comes from the same virus that causes chickenpox.
- Most people get chickenpox when they are children.
- After chickenpox the virus stays in your body.
- The virus can re-activate later and cause shingles.
- Shingles can give you a painful rash.
- Some people get nerve pain that can last a long time.
- Older people and those with a weak immune system are more at risk.

Why get the vaccine?

- The vaccine helps to stop you getting shingles.
- If you do get shingles, it will be milder.
- You are less likely to go to hospital.
- You are less likely to have long-term symptoms or impact.

Who can get the vaccine?

You can get the vaccine if you:

- Were 65, 66 or 67 on 01 September 2025
- Were 70 to 79 on 01 September 2025
- Are 18 or over with a very weak immune system
- Are about to start treatment that weakens your immune system.
- Have had a stem cell transplant or CAR-T therapy in the last 2 years.

If you have recently had a stem cell transplant, wait 6 months before shingles vaccination.

If you are pregnant or breastfeeding please consult with your GP before attending your appointment

Side Effects

Most side effects are mild and last 1 to 3 days:

- Sore, red or swollen arm
- Muscle pain
- Feeling tired or unwell
- Fever or chills
- Headache or upset stomach

At your appointment

Tell the vaccinator if you:

- have had a transplant.
- have had a bad reaction to a vaccine.
- are having or recently finished cancer treatment.

Bring:

- Your invitation letter.
- A list of medication you take..

Ask:

- about other vaccines you may need
-

Need extra support with your appointment?

Let us know if you would like to:

- Change the date, time or clinic of your appointment.
- Arrange a quiet space for your vaccination.
- Request extra support at your appointment, e.g. a translator.
- Opt out of receiving letters about scheduled shingles vaccine appointments.

You are welcome to bring:

- A carer
- A sighted guide
- An assistance dog

Please get in touch and we will do our best to support you.

Contact NHS Lothian Vaccination Helpline:

- Telephone: **0300 790 6296**
- E Mail: **loth.vaccenquiries@nhs.scot**
- If you are deaf or have speech difficulties, you can use **Relay UK**
- Visit: **nhslothian.scot/vaccinations/contact-us**

Other Languages and Formats

Visit: **nhsinform.scot/shingles**

Or scan the QR code below to see information in large print or other languages

Consent

If you can't give consent for vaccination yourself:

- Your nurse will need to see your Section 47 certificate.
- This is a legal document from your GP.
- Even if you have a welfare guardian or someone with power of attorney, the nurse still needs the certificate.
- Learn more at gov.scot/publications/section-47-certificate



Scan me for other formats and languages
www.nhsinform.scot/shingles

Zeskanuj, aby uzyskać dostęp do innych formatów i języków

扫描以获得其它格式和语言版本

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