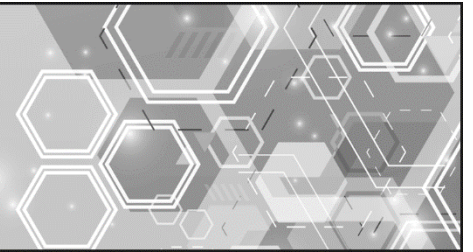




Durham Region Health Department **Facts about...**



Shingles (Herpes Zoster) Vaccine

What is it?

Shingles vaccine protects against shingles, an infection caused by the same virus that causes chickenpox (varicella-zoster virus). Once a person recovers from chickenpox, the virus stays inactive in the body and can reactivate and cause shingles. This infection happens only in people who have had chickenpox in the past. For more information, see [Facts About... Shingles](#).

In Canada, the Shingrix® vaccine is authorized to protect against shingles (also known as herpes zoster).

Shingrix® is **free** for people between the ages of 65 and 70 years old.

How effective is the shingles vaccine?

The shingles vaccine is more than 90% effective at preventing shingles and 88-91% effective at preventing a painful nerve condition people can get after having shingles (post herpetic neuralgia).

Who should get the vaccine?

- People 65 to 70 years old
- People 65 to 70 years who previously paid for Zostavax® II vaccine can get the Shingrix® vaccine for free. Talk to your health care provider about re-vaccination with Shingrix.

The shingles vaccine may be recommended for others at risk for shingles, but the vaccine would need to be purchased. Talk to your health care provider or check with your private health insurance if you are not able to get the vaccine for free.

What is the schedule for the vaccine?

The Shingrix® vaccine is given in 2 doses, 2 to 6 months apart.

... over

905-668-2020 or 1-800-841-2729 | durham.ca/health

If you require this information in an accessible format, contact 1-800-841-2729.



Are there side effects with the vaccine?

- Shingles vaccine is safe and well tolerated. Side effects are usually mild and last a short time.
- The most common side effects are redness, pain and swelling where the needle was given.
- Other side effects can include tiredness, muscle pain, headache and fever. Talk to your healthcare provider if you have concerns about side effects or if the side effects aren't improving.
- If you think you are having a serious reaction, see a health care provider right away.
- Any new or important changes in your health after a vaccine should be reported to a health care provider and the Durham Region Health Department.

Who should NOT get the vaccine?

- People with a history of anaphylaxis or severe allergic reaction after getting the Shingles vaccine.
- People who are pregnant, trying to get pregnant or breastfeeding.
- People who are sick with a high fever or infection worse than a cold should wait until they feel better before getting the vaccine.
- People who currently have shingles.
- People who have had a shingles infection within the last year should wait 1 year before getting the shingles vaccine.

For more information on contents of the vaccine, refer to the [Canadian Immunization Guide](#).

Don't forget to update your immunization record!

After you get a vaccine, update your immunization record (yellow card). Keep your records in a safe place.

September 9, 2026