

HELP PROTECT
YOURSELF

HAVE YOU HAD YOUR SHINGLES VACCINE YET?

In Canada, it is estimated that nearly

1 in 3 people will develop shingles
in their lifetime. And as you get older, the risk increases.



“Excruciating”

is a word that can be used
to describe shingles pain.

Talk to your doctor or healthcare professional
today about getting the shingles vaccine.

Learn more at www.zostavax.ca



You've probably heard about shingles (also known as herpes zoster). You may even know someone who's had it.

But do you know **you could be at risk?** Or just **how serious an outbreak can be?**

And that there is a vaccine that helps prevent shingles? Learn more, protect yourself and tell others so they can protect themselves too.

What is shingles?

Shingles is a painful, blistering rash that can last several weeks and cause skin infections and scarring.

The nerve pain that comes from shingles can last for months, or even years, after the rash heals.

For some, the pain can be excruciating, interfering with normal everyday necessities including walking and sleeping. It can also lead to anxiety and depression, and even result in a loss of mobility and independent living.*

*ZOSTAVAX® is indicated for the prevention of shingles. It is not indicated to reduce or treat the complications associated with active shingles.

Why you and so many people you know may be at risk.

If you've had chickenpox, you're at risk. And approximately 95% of Canadians have had chickenpox!



Herpes zoster of the eye affects between an estimated 10 to 25% of all cases

Shingles is caused by the same virus that causes chickenpox, a virus that remains in your body but may stay inactive for years. If it becomes active again, it can cause shingles.

Why get vaccinated?

There is no cure for shingles. Shingles can occur at any time with no warning. The effects of an outbreak can be extremely painful and long-lasting, with potentially serious long-term complications.

Vaccination can help protect you against a shingles outbreak.

ZOSTAVAX®

[zoster vaccine live, attenuated (Oka/Merck)]

ZOSTAVAX® is the **first and only vaccine** indicated to help prevent shingles in individuals 50 years of age or older.

ZOSTAVAX® can also help reduce the intensity and duration of shingles pain if you develop shingles despite being vaccinated.

**DON'T WAIT
UNTIL IT'S
TOO LATE.**

Learn more at www.zostavax.ca

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[zoster vaccine live, attenuated (Oka/Merck)]

**Talk to your doctor or healthcare professional
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ZOSTAVAX[®] is indicated for the prevention of herpes zoster (shingles) and for immunization of individuals 50 years of age or older. ZOSTAVAX[®] does not protect all individuals against the development of shingles or its consequences. ZOSTAVAX[®] cannot be used to treat existing shingles or the pain associated with existing shingles. If you get shingles even though you have been vaccinated, see your healthcare provider promptly.

ZOSTAVAX[®] should not be used if you: are allergic to any of the components of the vaccine, including gelatin or neomycin; have a blood disorder or any type of cancer that weakens your immune system; have been told by your doctor that you have a weakened immune system as a result of a disease, medications, or other treatment; have active untreated tuberculosis; are pregnant.

Women of childbearing age should take the necessary precautions to avoid pregnancy for 3 months following vaccination. Like all vaccines, ZOSTAVAX[®] can have side effects. In studies, the most common side effects were at the injection site and included redness, pain, swelling, hard lump, itching, warmth, and bruising. Headache and pain in the arm or leg were also reported. Additional side effects reported in general use with ZOSTAVAX[®] include allergic reactions, which may be serious and may include difficulty in breathing or swallowing, and fever. If you have an allergic reaction, call your doctor right away. Talk to your doctor or pharmacist for a more complete list of side effects for ZOSTAVAX[®].

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