

## **INFORMATION FOR PATIENTS RECEIVING A SHINGLES VACCINE**

The shingles vaccine helps protect against shingles. It's recommended for all adults turning 65, those aged 70 to 79 and those aged 50 and over with a severely weakened immune system. You will receive 2 injections 2 months apart.

For more information, use the following link - <https://www.nhs.uk/vaccinations/shingles-vaccine/>

### **IT IS IMPORTANT YOU READ THIS INFORMATION PRIOR TO VACCINATION**

You **should not** have either vaccine at this time if you have any of the following:

- Flu like symptoms with fever
- Previous allergic reaction to any vaccine

### **FOLLOWING VACCINATION**

Any side effects from your vaccination are likely to occur within the first 12 - 24 hours of the vaccine being given and usually resolve after 72 hours from onset.

#### **Most common side effects**

- If you get a fever or develop flu like symptoms you should drink plenty of fluids and take regular doses of Paracetamol (2 tablets 4 times daily), rest, avoid alcohol and strenuous exercise until the symptoms pass.
- Minor local reactions at the injection site such as muscle pain, tenderness, swelling or bruising may occur. If troublesome apply a cold compress / flannel to the area.
- Please be aware that you cannot get the flu directly as a result of this vaccination.
- If your symptoms persist for more than 48 hours after the injection, please contact the Health Centre for advice.

#### **Rare side effects**

With all vaccinations there is a possibility of an allergic reaction. This is very rare.

#### **Symptoms:**

- Difficulty breathing
- Swelling of lips, face, neck or tongue
- Itchiness and red or pale skin
- Dizziness and fainting

If any of the above occurs and you are in the Health Centre, please tell a member of staff.

**If the above happens when you have left the Health Centre, PLEASE SEEK MEDICAL HELP IMMEDIATELY**