

## **Shingles Vaccine**

The shingles vaccine is being offered to all **70 year olds** and all **76 year olds** this year. Shingles is a debilitating illness which often leaves sufferers with chronic pain which is very difficult to manage as it does not respond well to conventional pain killers.

If you are between 70 and 79 years of age and have not yet had it you may still be eligible for the vaccine. Please ask.

Supplies of the vaccine are limited but we do have stock. The shingles vaccine can be given at the same time as the Flu vaccine. It can therefore be given when you attend for your flu vaccine.