

OUCH!!!!

Shingles *HURT*

Shingles can be *DEADLY*

Your chance for stroke doubles in the first week!

Get your shingles vaccine now.



You shouldn't get the shingles vaccine if:

- You have a weakened immune system due to a medical condition or certain types of prescription drugs.
- You're getting cancer treatment such as radiation or chemotherapy.
- You've had cancer in your bone marrow or lymph system, such as leukemia or lymphoma.
- You have untreated, active tuberculosis.
- You're allergic to gelatin, the antibiotic neomycin, or any other ingredient of the shingles vaccine.
- You're pregnant. Women should not become pregnant until at least 3 months after getting the shingles vaccine.

“Almost 1 out of every 3 people in the United States will develop shingles, also known as zoster or herpes zoster, in their lifetime. There are an estimated 1 million cases of shingles each year in this country. Anyone who has recovered from chickenpox may develop shingles; even children can get shingles. However the risk of shingles increases as you get older. About half of all cases occur in men and women 60 years old or older.”

Center for Disease
Control (CDC)