



**“My husband and I have never eaten healthier.”**

# **SHINGLES DOESN'T CARE**

No matter how healthy you feel, as you age, your risk of getting shingles increases.



## **SHINGRIX**

**HERPES ZOSTER VACCINE (NON-LIVE  
RECOMBINANT, AS01<sub>g</sub>, ADJUVANTED)**

**SHINGRIX** helps protect against shingles in adults 50 years of age and older.

**Ask your doctor or pharmacist if SHINGRIX is right for you. Make your appointment today.**

**SHINGRIX HELPS PROTECT AGAINST SHINGLES.**

# ABOUT SHINGLES

## WHAT IS THE SHINGLES VIRUS?

The herpes zoster virus, also known as the shingles virus, is the same virus that causes the chickenpox.

If you have had the chickenpox, and that's **over 90% of adults in Canada**, your immune system may have been able to keep the virus under control.

However, as we age our immune system naturally weakens. As a result, the shingles virus may reactivate, increasing the risk of developing shingles.

## WHAT ARE SOME SHINGLES SYMPTOMS?

Shingles can result in a painful and blistering rash that can last several weeks.

- The pain from shingles can be severe, disabling and may interfere with doing normal day-to-day activities including walking, sleeping and social activities.
- It may also lead to serious complications such as long-lasting nerve pain (also called postherpetic neuralgia or PHN), which can last for months or years.\*

Other symptoms may include:

- Burning, numbness or tingling
- Sensitivity to touch
- Fever
- Headache
- Vision problems
- Loss of hearing

## WHAT DOES SHINGLES LOOK LIKE?



---

**> Are you at risk? If you have had the chickenpox, and that's over 90% of adults in Canada, you are at risk of getting shingles.**

---

\* SHINGRIX is not indicated to treat herpes zoster or postherpetic neuralgia.





“I grow all my own vegetables.”

## SHINGLES DOESN'T CARE

# SHINGRIX

## A VACCINE DEMONSTRATED TO PROVIDE OVER 90% PROTECTION AGAINST SHINGLES

SHINGRIX is a vaccine that helps protect adults against shingles (also called herpes zoster).

As we age, the risk of getting shingles increases. SHINGRIX can be used for adults 50 years of age and older to help the body build its protection against shingles.

In clinical trials, SHINGRIX **was shown to be over 90% effective** at preventing shingles for people 50 years of age and older. SHINGRIX maintained protection for four years. The duration of protection beyond four years is currently under investigation. As with all vaccines, SHINGRIX may not fully protect all people who are vaccinated.

➤ **Ask your doctor or pharmacist if SHINGRIX is right for you. Make your appointment today.**

➤ **The National Advisory Committee on Immunization (NACI) recommends that SHINGRIX should be offered to adults 50 years of age and older.\***

## WHAT YOU NEED TO KNOW ABOUT RECEIVING THE SHINGRIX VACCINE

- You will receive two SHINGRIX doses, with a gap of 2 to 6 months between doses.
- The first dose can be given from the age of 50.

When you get your first dose, ask your doctor or pharmacist to schedule your next dose.

To maximize the protection offered by SHINGRIX, **it is important that you get both doses.**

\* Public Health Agency of Canada. An Advisory Committee Statement (ACS), National Advisory Committee on Immunization (NACI) - Updated Recommendations on the Use of Herpes Zoster Vaccines. Ottawa, Ontario: Public Health Agency of Canada; June 2018. <https://www.canada.ca/en/services/health/publications/healthy-living/updated-recommendations-use-herpes-zoster-vaccines.html>

# Q&A

## **Q: What are some shingles symptoms?**

**A:** Shingles can result in a painful, blistering rash that can last several weeks.

Other symptoms may include:

- Burning, numbness or tingling
- Sensitivity to touch
- Fever
- Headache
- Vision problems
- Loss of hearing

## **Q: Are you at risk of getting shingles?**

**A:** If you have had the chickenpox, you are at risk of getting shingles.

## **Q: Is the virus that causes the chickenpox the same one that causes shingles?**

**A:** Yes, the chickenpox and shingles are the result of the same virus, varicella zoster.

## **Q: Will SHINGRIX protect against the chickenpox?**

**A:** No, SHINGRIX is only used to help prevent shingles in people 50 years of age and older.

## **Q: Who should get vaccinated with SHINGRIX?**

**A:** Adults 50 years of age and older can get SHINGRIX to help prevent shingles. Ask your healthcare professional if SHINGRIX is right for you.

## **Q: How long does SHINGRIX last?**

**A:** In clinical trials, SHINGRIX has been shown to be effective four years after the second, and last SHINGRIX dose. The efficacy of SHINGRIX beyond four years is currently under investigation. Ask your doctor if you would like more information.

## **Q: What is the cost of SHINGRIX?**

**A:** The cost of SHINGRIX varies by pharmacy or clinic. Please check with your local pharmacy or clinic for pricing. Some private insurers may cover all or part of the cost of SHINGRIX. Please contact your private insurer for more information on your coverage and provide them the DIN 02468425.

## **Q: Will SHINGRIX be covered by provincial health plans?**

**A:** Each provincial government decides which vaccines are publicly-funded and available at no charge for eligible individuals. Contact Public Health to find out more.

**Q: Can shingles come back more than once?**

**A:** Shingles is a reactivation of the chickenpox virus, which may occur more than once.

**Q: Does SHINGRIX contain any live components of the virus?**

**A:** SHINGRIX is a non-live vaccine (there are no live components of the virus contained in the SHINGRIX vaccine).

**Q: How many doses of SHINGRIX are required to maximize protection?**

**A:** SHINGRIX is two injections with a gap of 2 to 6 months between doses. The first injection can be given from the age of 50 years. Make sure you receive both doses of SHINGRIX. This will maximize the protection offered by SHINGRIX.



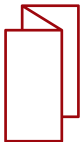


# TOOLS FOR YOU

Visit **SHINGRIX.ca**  
for other helpful  
resources, including:



Remember, you will have to get your second dose  
2 to 6 months after your first dose. Use these  
stickers on your calendar to mark the dates.



The details of shingles  
and SHINGRIX



Printable dose  
reminder card



## Dose reminder options



Get an email



Get a text



Get an email  
and a text



Automatically add it  
to your calendar



“Like” us on Facebook for updates and information  
on shingles and SHINGRIX.

[facebook.com/SHINGRIXCA](https://facebook.com/SHINGRIXCA)



SHINGRIX  
on TV

➤ **Access even more valuable  
information, tools and  
resources at SHINGRIX.ca!**

## SHINGRIX side effects

Like with all medicines, SHINGRIX can cause side effects, although not everyone gets them. Most of these side effects are considered mild to moderate and do not last longer than 3 days.

The following side effects are **very common** (this means that these side effects may occur with more than 1 in 10 doses of the vaccine):

### Injection site reactions

- Pain
- Redness
- Swelling

### General reactions

- Headache
- Stomach and digestive complaints (including nausea, vomiting, diarrhea and/or stomach pain)
- Muscle pain
- Tiredness
- Chills, fever

The following side effects are **common** (this means that these side effects may occur with up to 1 in 10 doses of the vaccine):

- Injection site itching
- Generally feeling unwell

These are not all the possible side effects you may feel when taking SHINGRIX. Contact your doctor if any of these side effects gets serious or if you experience any side effects that have not been mentioned.

SHINGRIX is a vaccine that helps protect adults 50 years of age and older against shingles (herpes zoster). 100% protection cannot be guaranteed. SHINGRIX is not for prevention of chickenpox or for the treatment of herpes zoster (HZ). SHINGRIX should not be used if you are allergic to any ingredient in the vaccine. Full product information can be found at <http://gsk.ca/shingrix/en>. To report an adverse event, please call 1-800-387-7374.

The cost of SHINGRIX may be covered by your private insurance. Contact your insurance provider and give the DIN (drug identification number) below to find out.

SHINGRIX DIN: 02468425.

