



Dear patient,

You may be eligible to receive a free shingles vaccine (Zostavax), at Your Doctor - ENDING SOON.

Since 2016, Your Doctor has been participating in a government-funded shingles vaccine (Zostavax) program for 70 year olds, with a time-limited catch-up program for people aged 71 to 79 (for those that missed the opportunity when they were 70).

We are contacting you as the catch-up element of the program for 71 to 79 year olds concludes in October 2021. So, if you are aged between 70 and 79 and haven't had a the shingles vaccine (Zostavax), you may want book in before October 2021. If you have already been vaccinated against shingles, please ignore this notice.

What is shingles?

Shingles (the disease - also called herpes zoster) is a blistering rash, which is caused when the chickenpox virus reactivates. Shingles can cause severe pain potentially lasting for months. One in three people will develop shingles in their lifetime, with the risk of complications increasing with age.

How is shingles prevented?

Vaccination is a safe and effective way to prevent serious disease caused by shingles. It can help protect other people, especially people who are unable to be vaccinated (i.e. children). The more people that are vaccinated within the community, the less likely the disease will spread.

Who can get the shingles vaccine (Zostavax)?

The vaccine can be administered from the age of 50, and may also be recommended for individuals with chronic medical conditions who may be at higher risk of complications from the shingles infection.

What does the shingles vaccine (Zostavax) cost?

70 year olds are eligible to receive a single dose of the shingles vaccine (Zostavax) for free. 71 to 79 year olds can also obtain one dose of the vaccine for free, until October 2021. After October 2021, anyone deemed eligible for the vaccine (excluding 70 year olds who will continue to receive the vaccine for free), are able to purchase one for approximately \$260. Whether the vaccine itself is government-funded or not, a normal consultation fee will apply.

Shingles, Coronavirus, Influenza, and other vaccines.

The shingles vaccine (Zostavax) can be given at the same time as the influenza (flu) vaccine. It cannot be given at the same time as the AstraZeneca Covid-19 vaccine - a minimum of 14 days between these vaccines is required. For all other vaccines, ask your GP.

How to get vaccinated against shingles.

1. If you are aged between 70 and 79, and haven't already had the free shingles vaccine (Zostavax), call 9707-3999 and let our friendly receptionists know that you would like to book in for one, and they will schedule your appointment. Please note that a normal consultation fee will apply.
2. When you arrive for your appointment, **do not enter the clinic before calling 9707-3999**. You will be screened for COVID-19 and then provided with next steps to enter and be vaccinated.

Want more information?

The Australian Government Department of Health website provides a wide array of **shingles vaccine (Zostavax) vaccination-related information** including but not limited to:

- 'Shingles (herpes zoster) immunisation service' page
<https://www.health.gov.au/health-topics/immunisation/immunisation-services/shingles-herpes-zoster-immunisation-service-0>
- 'Zostavax Consumer Medicine Information' page
<https://www.ebs.tga.gov.au/ebs/picmi/picmirepository.nsf/pdf?OpenAgent&id=CP-2010-CMI-01551-3&d=202106081016933>
- 'National Immunisation Program Schedule' page
<https://www.health.gov.au/health-topics/immunisation/immunisation-throughout-life/national-immunisation-program-schedule>
- 'The National Shingles Vaccination Program' page
<https://www.pioneerhealth.com.au/Portals/0/Shingles%20Program.pdf>

Alternatively, you are welcome to book an appointment with your GP at Your Doctor, to discuss the shingles vaccine (Zostavax), or anything else, in person. Standard consultation fees and rebates will apply.