

### **Shingles letter**

Shingles can occur at any age but is more likely and more severe as you get older and your immune system weakens. It can cause a painful rash and can result in long term effects.

The Department of Health has introduced a shingles vaccination programme for people aged 70 to 79. This is being spread over several years.

We would like to offer you a shingles vaccination and strongly recommend that you have one.

Please telephone your surgery for an appointment.

If you do not want this vaccination, will you please let us know.

Please note that this vaccine is very expensive and, if you do make an appointment, we do urge you to attend or cancel in advance.