



"I'm eating better than ever."

**SHINGLES  
DOESN'T CARE**

**BUT YOU SHOULD**

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

Help protect yourself  
against shingles with



**SHINGRIX**

HERPES ZOSTER VACCINE (NON-LIVE  
RECOMBINANT, AS01, ADJUVANTED)

**If you are 50 years of age  
or older, you are at increased  
risk for shingles!**

SHINGRIX is not indicated for the treatment  
of shingles or its complications.

# Take the following quiz and find out if you are at risk of shingles.

1. True or false? Chickenpox and shingles are caused by the same virus.

TRUE     FALSE

True! Shingles and chickenpox are caused by the same virus – varicella zoster. If you have had chickenpox, you are at risk for shingles.

2. Complete this sentence: Over \_\_\_% of Canadian adults have had chickenpox.

a) 25% b) 30% c) 90%

The correct answer is 90%! Over 90% of Canadian adults have had chickenpox and are therefore at risk for shingles.

3. True or false? As we age, our immune system naturally weakens.

TRUE     FALSE

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

4. "I eat healthy and exercise regularly, so I'm not at risk of shingles." Do you think this statement is true or false?

TRUE     FALSE

False! As you age, your risk of getting shingles increases, even if you have a healthy lifestyle.

Based on your answers, you may want to speak to your doctor, pharmacist or visit **SHINGRIX.ca/OnlineDoctor** to talk to an online doctor at no additional charge about shingles vaccination.

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) or post-herpetic neuralgia (PHN). SHINGRIX should not be used if you are allergic to any ingredient in the vaccine. Very common adverse events (>10% of doses) reported in clinical trials were pain, redness, and swelling at the injection site, headache, stomach and digestive complaints, muscle pain, tiredness, chills, and fever. Most side effects were mild or moderate, lasting less than 3 days. Full product information can be found at <http://gsk.ca/shingrix/en>. To report an adverse event, please call 1-800-387-7374.

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