

**"I watched my sister suffer with shingles,  
that's why I made sure we  
both got vaccinated."**



Shingles is a painful skin rash caused by the same virus that causes chickenpox. One out of every three people 60 years or older will get shingles, and older adults are more likely to develop severe pain from shingles that can last for months or even years.

**If you are 60 years or older, talk to your healthcare professional about getting shingles vaccine, as well as other vaccines that may be recommended for you.**

Learn more at [cdc.gov/vaccines/adults](http://cdc.gov/vaccines/adults)  
or call 1-800-CDC-INFO (1-800-232-4636).

**DON'T WAIT.  
VACCINATE!**



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