

Understanding Shingrix

1. **What is the efficacy of the Shingrix Vaccine?**
 - More than 90% protection for adults 50 years of age and above.
2. **How long does the immunity last?**
 - Shingrix demonstrated high post vaccination efficacy for at least the first seven years after vaccination.
3. **Who should receive the Shingrix Vaccine?**
 - It is recommended for adults 50 years and above due to the age – related decline in immunity.
 - 19 years and above for the immunocompromised (cancer, solid organ/ renal transplant, human immunodeficiency virus and multiple myeloma).
4. **Who should NOT receive the Shingrix Vaccine?**
 - People with a history of anaphylaxis to any component of Shingrix or a previous dose.
 - People who are pregnant or currently breastfeeding.
5. **Can I take the Shingrix Vaccine if I have had a history of Shingles/ chicken pox?**
 - Yes, Shingrix can be administered even if there has been a history of Shingles/ chicken pox.
 - There is no specific duration of time one must wait after having Shingles before receiving the Shingrix vaccine so long as the rashes have healed.
6. **Can I take the Shingrix Vaccine if I have previously received the Zostavax vaccine?**
 - Yes, you can. You should wait at least eight weeks after receiving the Zostavax vaccine.
7. **Can I take the Shingrix Vaccine even though I am planning to take/ have just taken the Covid-19 vaccination?**
 - Yes, you can. The Covid-19 vaccine may be given without regard to the timing of other vaccines.
8. **Can I take the Shingrix Vaccine if I have just recovered from Covid-19?**
 - It is best to discuss this with your doctor.
9. **Do I still need to take the Shingrix Vaccine if I have taken 2 doses of the chicken pox vaccination previously?**
 - Yes, the risk of zoster among recipients of varicella vaccine (which contains a live-attenuated strain of varicella virus) is much lower but is still possible.
10. **I cannot recall if I have had chicken pox before, should I take a blood test to confirm before taking the Shingrix vaccine?**
 - 99.5% of people aged 50 years have been exposed to chicken pox. Based on the significant percentage, it is not required for you to get a confirmatory blood test.
11. **What are some precautions to note before receiving the Shingrix Vaccine?**

Inform the Doctor if:

- You are allergic to any ingredients of this vaccine.
- You are pregnant, planning to become pregnant or are breastfeeding.
- You are taking any other medications.
- You have had a serious reaction to the previous dose of the vaccine. (e.g., severe allergic reaction)
- You are currently unwell, and/ or are having a fever.
- You have a history of bleeding disorders.

12. How is the Shingrix Vaccination being administered?

- It is given by intramuscular injection.
- It is done as course of two doses.
- The second dose should be taken two to six months after the first dose.
- Booster dose is not required.

13. What are some possible side effects of the Shingrix vaccine?

It is generally regarded as a very safe vaccine. However, they may be some side effects. Here are some of the common side effects which typically last for two to three days:

- Redness, pain and swelling at the injection site.
- Fever
- Fatigue
- Headache
- Body aches

Disclaimer: The above information does not replace the information from your doctor. Please consult your doctor for more information.

Sources:

Healthhub, Health Promotion Board (HPB)

<https://www.healthhub.sg/a-z/medications/shingles-herpes-zoster-vaccine>

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Raffles Medical Group

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Centers for Disease Control and Prevention (USA)

<https://www.cdc.gov/vaccines/vpd/shingles/public/shingrix/index.html>

GoodRx Health

<https://www.goodrx.com/conditions/covid-19/covid-and-shingles>