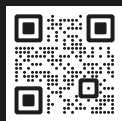


**90% of people over 50  
already carry the virus  
that causes shingles.<sup>2\*</sup>**



**Don't underestimate shingles.  
Talk to your doctor, nurse or  
pharmacist.**

Visit [knowshingles.co.nz](https://knowshingles.co.nz) to learn more.

1. Harpaz R, Ortega Sanchez IR, Seward JF. Prevention of herpes zoster: recommendations of the Advisory Committee on Immunization Practices (ACIP). MMWR Recomm Rep. 2008;57(RR-5):1–30. 2. Bollaerts K, Riera-Montes M, Heininger U, et al. A systematic review of varicella seroprevalence in European countries before universal childhood immunization: deriving incidence from seroprevalence data. Epidemiol Infect. 2017;145:2666–2677.

\*Not everyone at risk will develop shingles.<sup>1</sup>

All images are patient portrayals. Any information provided should be discussed with a healthcare professional and does not replace a healthcare professional's advice. For more information or for medical advice, please consult a healthcare professional.

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**GSK**

**"Shingles?  
I'm fit and healthy –  
I didn't think it would  
happen to me.  
I was in pain for weeks."\*†**

\* Inspired by real patient stories.

Patient portrayal.

'Shingles pain can last weeks or even months. Shingles symptoms may vary among patients.'

**Talk to your doctor,  
nurse or pharmacist  
about shingles**



**Shingles can strike at any time.<sup>1</sup> Start the discussion with your doctor, nurse or pharmacist.**

Here are some questions you can ask your doctor, nurse or pharmacist to get the conversation going:

1. Am I at an increased risk of shingles? Why?
2. I'm over 50 but I'm healthy and try to stay fit. Am I still at risk of shingles?
3. How is shingles different from chickenpox?
4. I've heard about the terrible impact of shingles pain, is it really that bad? How long does it last?
5. I haven't been around anyone with shingles, can I still get it?
6. I don't know anyone who's had shingles, how common is it?
7. I've already had shingles; can I get it again?



**Shingles is caused by the reactivation of the same virus that causes chickenpox, the varicella zoster virus.**

**Almost everyone over 50 is at risk of shingles.<sup>1,2\*</sup>**

Patient portrayals.  
\*Not everyone at risk will develop shingles.<sup>1</sup>