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Get ready for your shingles vaccination

Contact your GP surgery (or your NHS immunisation team in Scotland) to book your shingles vaccination today. Scan the QR code to see full eligibility criteria at GSK's website :



GetShinglesReady.co.uk

**If you get any side effects, these should be reported to your doctor, nurse, or via the MHRA's website:
<https://yellowcard.mhra.gov.uk>**

What is the Shingles National Immunisation Programme?

If you, your family member or friend turned 65 from 1st September 2023 or are 70-79 years of age, you may be eligible.

Vaccination against shingles is available for free on the NHS for eligible individuals. This programme is called the Shingles National Immunisation Programme.

On 1st September 2025, the Shingles National Immunisation Programme changed, and more individuals are now eligible for a free shingles vaccination on the NHS.

You're now eligible if you're:

- **18 years or over with a severely weakened immune system**
- **Turning 65 years - you'll be eligible from your 65th birthday, if it is on/after 1st September 2023**
- **70-79 years old**

Eligibility for the free NHS shingles vaccination

How old are you?

Eligible	18 Years or older with a severely weakened immune system You're eligible now	Turning 65 You'll be eligible: From your 65 th birthday if it is on/after 1 st September 2023	70 to 79 You're eligible now
Not eligible	Under 18 with a severely weakened immune system	Under 65 without a severely weakened immune system you'll be eligible when you turn 65 Born before 1st Sept 1958 - you'll be eligible when you turn 70	Over 80 without a severely weakened immune system

If you get any side effects, these should be reported to your doctor, nurse, or via the MHRA's website: <https://yellowcard.mhra.gov.uk>

If you're still unsure about your eligibility or you want to learn more about shingles and the Shingles National Immunisation Programme, contact your GP surgery (or your NHS immunisation team in Scotland) to book your shingles vaccination.

You can also learn more at GSK's website: **[GetShinglesReady.co.uk](https://getshinglesready.co.uk)**

What is shingles?

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Shingles, also known as herpes zoster, is caused by the reactivation of the varicella zoster virus, the same virus that causes chickenpox.

Following a chickenpox infection, which typically occurs in childhood, the varicella zoster virus remains dormant in the body for life, usually not causing any problems or symptoms. Our immune system naturally weakens over time as we age which may allow the usually inactive virus to reactivate, causing shingles.

Who is at risk?



You are more likely to develop shingles as you get older, or if you have certain medical conditions or take medicines that significantly weaken your immune system¹



Anyone who has had chickenpox is at risk of developing shingles, with an estimated 1 in 4 lifetime risk of shingles¹

1. UKHSA Green Book: Shingles (herpes zoster): the green book chapter.
2. Johnson R et al. Ther Adv Vaccines. 2015: Vol. 3 (4) 109-120