

# Protect yourself against **Shingles**

A **FREE VACCINE** is now available  
for people aged 70–79 years old



Shingles can be  
very painful and lead  
to serious, long-term  
complications

Talk to  
your doctor or  
nurse about the  
**FREE** Shingles  
**VACCINE**

Vaccinations don't  
stop at childhood.



Australian Government  
Department of Health



An Australian, State and Territory  
Government initiative

[www.immunise.health.gov.au](http://www.immunise.health.gov.au)