

# Adults Need Vaccinations Too!

## Get Your Shingles Vaccine Today

### What is Shingles?

Shingles is a painful rash caused by the varicella zoster version. Everyone can get it, but the risk and likely complications increase with age.

### What is the vaccine?

Two doses of the Shingrex vaccine are recommended by the CDC for all adults aged 50 and older. The vaccine is 90 percent effective.

### Get it Today

If you have insurance, including Medicare, get your vaccine at your local provider or pharmacy. For those without insurance, contact your local Department of Health.  
<https://www.vdh.virginia.gov/local-health-districts/>



In 2019, White adults were almost twice as likely as Black and Hispanic adults to receive shingles vaccinations.