

# 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 for older people

Talk to your doctor, nurse or healthcare worker  
about the FREE Shingles VACCINE

Vaccinations don't  
stop at childhood.



Australian Government  
Department of Health

**IMMUNISE**  
AUSTRALIA PROGRAM

An Australian, State and Territory  
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[www.immunise.health.gov.au](http://www.immunise.health.gov.au)