

Shingles Vaccine: The After-50 Answer Sheet

What the shot prevents, the two-dose schedule, and the 3-day rule if symptoms start.

✓ **Verified against published guidance** from CDC, Mayo Clinic & Cleveland Clinic · sources below

If burning, tingling or a band of rash appears on one side of your body, call the same day. Antivirals work best within three days of symptom onset.

✓ Do This

Check Your Vaccination Record

- Shingrix is a two-dose series
- One dose is not the finished job
- Your pharmacy usually has the dates

COACH'S TIP Half a series is half the job.

Book Dose One This Month

- Recommended for every adult 50 and older
- Given as a shot in the upper arm
- Can be given with other vaccines

COACH'S TIP 50 is the starting line, not the deadline.

Calendar Dose Two Before You Leave

- Spacing is 2 to 6 months
- 1 to 2 months if immune-weakened
- Protection follows the schedule

COACH'S TIP Book it while you are standing there.

Learn the Early Signs

- Burning or shooting nerve pain
- Tingling, itching, discolored skin
- A band on one side of the body

COACH'S TIP Nerve pain can arrive before the rash.

Call Within Three Days

- Antivirals work best early
- They may shorten the illness
- Cleveland gives a three-day window

COACH'S TIP Wait-and-see spends the window.

Ask If You Are Immunocompromised

- Adults 19 and older qualify
- Effectiveness is lower but real
- Dose timing may differ

COACH'S TIP Different rules, same recommendation.

✗ Do Not

Do Not Assume Past Shingles Exempts You

- The 50 and older advice still applies
- Ask your provider about timing
- Do not self-exclude

COACH'S TIP Having had it is not immunity forever.

Do Not Say You Never Had Chickenpox

- Most adults did
- Often without a clear memory
- The virus stays for life

COACH'S TIP If you had chickenpox, it is in you.

Do Not Wait Until 60

- The recommendation starts at 50
- The series takes 2 to 6 months
- Later start means later protection

COACH'S TIP The clock starts at dose one.

Do Not Treat It as Just a Rash

- Nerve pain can outlast the rash
- It can last months or years
- It is the most common complication

COACH'S TIP The pain is the part that stays.

Do Not Skip Care With No Rash

- Some people never get a rash
- The other symptoms still count
- See a provider either way

COACH'S TIP No rash does not mean no shingles.

Do Not Count on One Dose

- The series is two doses
- Spacing is 2 to 6 months
- Finish what you start

COACH'S TIP Dose two is not optional.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

Over 90% effective at preventing shingles and its nerve pain after 50

1 in 3 Americans will get shingles in their lifetime

3 days the window to start antivirals after symptoms begin