Dear **[insert patient’s name]**

# Shingles vaccine for people aged 70 to 79 on 1 September 2020

Shingles can be a very painful nerve and skin condition and is more common among older people. There is a vaccine that can reduce your chance of getting shingles, or if you do get shingles, it can reduce how severe or long lasting the symptoms can be.

The vaccine is given as an injection in your upper arm and you only need to get it once in your lifetime. During vaccination, strict infection prevention and control measures will be in place.

As you were aged 70 to 79 on 1 September 2020, you are being invited to have your shingles immunisation at your GP practice.

For more information about shingles and the benefits of the vaccine, speak to your health professional or visit [**www.nhsinform.scot/shingles**](http://www.nhsinform.scot/shingles)**.**

**What to do next**

**[insert details of GP practice appointment procedure]**

At your appointment, **it is important** that you tell the health professional giving you the shingles vaccine if you:

* have a weakened immune system (for example, due to certain cancer treatments; blood disorders such as leukaemia or lymphoma; taking steroid tablets; or you’ve had a transplant)
* have had a severe reaction to any of the ingredients in the vaccine, or to a previous dose of the chickenpox vaccine.

Please bring with you a list of any current medications you are taking, this letter and if possible, please also wear a face covering when you attend.

If you are showing symptoms of COVID-19 before your vaccination, please contact your health professional to reschedule your appointment.

Yours sincerely

**[GP practice contact]**