

PREMIER'S OFFICE/HEALTH/WELLNESS--Free Shingles Vaccine Available This Month

Starting today, May 20, Nova Scotians aged 65 and older can book their free shingles vaccine appointment. The first appointments will be May 28.

“Across Canada, nearly one in three people develop shingles, despite the availability of the vaccine,” said Premier Tim Houston. “That’s why we are delivering on our promise of removing barriers to access and making the shingles vaccine free.”

The vaccine costs about \$400 but will be free for seniors starting May 28. People can book an appointment by calling their primary health care provider or at <https://novascotia.ca/routinevaccine>

Shingles is a viral infection that causes an extremely painful, burning skin rash and nerve pain that can last 90 days or more. For many people, it is debilitating. Anyone who has had chickenpox or has been exposed to the virus is at risk of developing shingles later in life.

Quotes:

“We are committed to investing in things that matter and that make a real impact on the day-to-day lives of Nova Scotians. We know how severe the symptoms of shingles are, and the good news is that it can be easily prevented.”

— *Michelle Thompson, Minister of Health and Wellness*

“The free shingles vaccine is life changing for older Nova Scotians. For many people, the high cost made the vaccine out of reach. By breaking down barriers to care, we are protecting more older Nova Scotians from the needless suffering that comes with this awful virus.”

— *Barbara Adams, Minister of Seniors and Long-Term Care*