

Shingles Vaccine Plan

Eligibility, Timing, and Preparation Guide

Overview

This plan outlines Shingrix vaccination steps, eligibility, and tips for optimal protection against shingles.

1 Eligibility Checklist

- **Age-Based:** 50+ years, healthy or with prior shingles.
- **Immunocompromised:** 19+ with weakened immunity (e.g., cancer, meds).
- **Exclusions:** Severe allergy to components; discuss with doctor.

2 Vaccination Timing and Schedule

- **Doses:** Two shots, 2-6 months apart; 1-2 months if immunocompromised.
- **Post-Shingles:** Wait until rash clears; no fixed delay.
- **With Other Vaccines:** Safe to co-administer with flu or COVID shots.

3 Preparation and Side Effects

- **Pre-Vax:** Eat light meal; inform provider of history.
- **Aftercare:** Expect arm pain, fatigue; use ice and rest.
- **Monitor:** Report severe reactions like hives.

4 Vaccination Tracker

Dose	Date Scheduled	Side Effects Noted	Notes
1			
2			

Table 1: Dose Tracking Table

5 Visual: Dose Timeline



Disclaimer

Informational; seek professional medical advice.