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A shingles vaccine has been found to help prevent the condition. People who are eligible should get the Shingrix vaccine, which became available in the United States in 2017. The Zostavax vaccine is no longer used in the U.S., but other countries may still use it. Shingrix is approved for people over 50 years old, whether they have had shingles or not. Some people who have had the Zostavax vaccine before or are unsure if they've had chickenpox can also get the Shingrix vaccine. Additionally, people with weakened immune systems due to disease or medication can receive the Shingrix vaccine. Shingrix is a nonliving vaccine made from a virus component and is given in two doses, 2 to 6 months apart. The most common side effects are redness, pain, and swelling at the injection site, as well as fatigue, headache, and other issues. While the shingles vaccine does not guarantee that you won't get shingles, it will likely reduce the severity of the disease and lower your risk of postherpetic neuralgia. Studies have shown that Shingrix offers protection for over five years. Talk to your healthcare provider about getting vaccinated if you have an allergic reaction to any component, a weakened immune system due to a condition or medication, had a stem cell transplant, are pregnant or trying to become pregnant. The shingles vaccine is only used to prevent shingles and not to treat people who currently have the disease.

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