



**McHenry County  
Department of Health**

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**FOR IMMEDIATE RELEASE**

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**Appointments still available for shingles vaccine clinic**

**Woodstock IL** – If you are aged 60 or older and/or have had the chickenpox, McHenry County Department of Health (MCDH) recommends residents make an appointment for the shingles vaccine clinic. Appointments are still available for Wednesday March 24, from 8:30am-12:30pm at its Crystal Lake office, 100 N. Virginia Street (one block south of Routes 14 and 176). The cost is \$200 (cash or check accepted). Medicaid is accepted. Call MCDH at 815-334-4500.

The Centers for Disease Control and Prevention (CDC) recommends a single dose of the vaccine for adults aged 60 and older to help prevent shingles and reduce the pain associated with the virus. Shingles is a painful skin rash often accompanied by blisters appearing on one side of the body and can last 2-4 weeks. It is caused by the Varicella Zoster virus – the same virus that causes chickenpox. Shingles is more commonly found in people 50 years of age and older who have already had chickenpox or the chickenpox vaccine. Symptoms include fever, headache, chills, and upset stomach. In rare instances, shingles can lead to pneumonia, hearing problems, blindness, brain inflammation (encephalitis), or death.

Shingles is not contagious; however, a person who has never had chickenpox or the chickenpox vaccine could get chickenpox from someone with shingles. A person with shingles blisters should avoid contact with anyone with a weak immune system, newborns and pregnant women. As with any vaccine, people with special health considerations should contact their physician before getting the shingles vaccine.

For more shingles information, visit the CDC's fact sheet at <http://www.cdc.gov/vaccines/vpd-vac/shingles/default.htm>.

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***“Working to prevent disease and promote health and safety for all people of McHenry County since 1966.”***