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## **MEDIA RELEASE: Shingles Vaccination**

**For Distribution to: Ritzville Journal, Othello Independent and Othello Outlook.**

**Reviewed and approved for release Kate Brueske, administrator**

**Date: 5-3-10**

**TEXT: Shingles vaccine available at the Adams County Health Department**

Shingles is a painful localized skin rash often with blisters that is caused by the varicella zoster virus (VZV), the same virus that causes chickenpox. Anyone who has had chickenpox can develop shingles because VZV remains in the nerve cells of the body after the chickenpox infection clears and VZV can reappear years later causing shingles. Shingles most commonly occurs in people 50 years old or older, people who have medical conditions that keep the immune system from working properly, or people who receive immunosuppressive drugs.

Shingles vaccine is recommended by the Advisory Committee on Immunization Practices (ACIP) to reduce the risk of shingles and its associated pain in people 60 years old or older.

If you haven't been vaccinated against Shingles, it is important to consider this vaccination. The vaccine cost is \$186.50 and if you are 65 and have Medicare, it is covered by the Medicare D pharmacy plan at varying rates. You **must** bring your Medicare card and Medicare D pharmacy plan card to the health department to determine your co-pay at the time of service.

Adams County Health Department clinic days and hours are:

Othello: Monday, Tuesday and Thursday from 8:30 – 12noon and 1-4:30 pm

Ritzville: Tuesdays from 8:30 – 12 noon and 1-4:30 pm