



**Talk to your doctor
about **shingles** today**

**"Shingles?
I'm fit and healthy -
I didn't think it would
happen to me.
I was in pain for weeks."**[†]

(Inspired by real patient stories)



**90% of people over 50
already carry the virus
that causes shingles.^{2*}**

**Don't underestimate shingles.
Talk to your doctor today.**



Images are patient portrayals.

Visit www.erpitaszostiras.cy to learn more

1. Harpaz R, Ortega Sanchez IR, Seward JF. Prevention of herpes zoster: recommendations of the Advisory Committee on Immunization Practices (ACIP). MMWR Recomm Rep. 2008;57(RR-5):1-30. 2. Bollaerts K, Riera-Montes M, Heining U, et al. A systematic review of varicella seroprevalence in European countries before universal childhood immunization: deriving incidence from seroprevalence data. Epidemiol Infect. 2017;145:2666-2677.

*Not everyone will develop shingles.

[†]Shingles pain can last for weeks or even months.
Shingles symptoms may vary among patients.¹

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**Shingles can strike at any time.¹
Start the discussion with your
doctor today.**

**Shingles is caused by the reactivation of
the same virus that causes chickenpox, the
varicella zoster virus. **Almost everyone
over 50 is at risk of shingles.**^{1,2*}**

**Here are some questions you can ask
your doctor to get the conversation
started:**

1. Am I at an increased risk of shingles? Why?
2. I'm over 50 and I stay fit and healthy. Am I still at risk of shingles?
3. How is shingles different from chickenpox?
4. I've heard about the terrible impact of shingles pain, is it really that bad? How long does it last?
5. I haven't been around anyone with shingles, can I still get it?
6. I don't know anyone who's had shingles, how common is it?