**Shingles Vaccination.**

90% of all adults raised in the UK have had chickenpox. After chickenpox, the virus stays inside your body and can recur as shingles later in life. Even those people who had a mild case of chickenpox as a child, or didn’t have any obvious symptoms may still be at risk of developing shingles.

Although not everyone develops shingles, as we get older our immune system weakens which increases the chance of getting shingles. Unfortunately shingles in older people tends to be more severe than in younger people. This is why the Department of Health have introduced a recommendation that the shingles vaccine be routinely offered to people aged between 70 and 79.