



MID-MICHIGAN DISTRICT HEALTH DEPARTMENT

Your public health team, connecting with our communities to achieve healthier outcomes

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Health department offering shingles vaccine

Ithaca, Stanton, St. Johns- Mid-Michigan District Health Department (MMDHD) has received a limited quantity of the Zoster vaccine to prevent shingles. The vaccine will be offered to individuals over 60 in Clinton, Gratiot and Montcalm Counties who do not have insurance, or whose plan does not cover the Zoster vaccine.

Anyone who has had chicken pox is at-risk for getting shingles. After a bout of chicken pox, the virus goes dormant in the spinal cord and can re-emerge later in life as shingles.

Shingles usually starts on one side of the face or body with pain, itching, or tingling, followed by a blister-type rash several days later. The rash typically scabs over in seven to 10 days and clears up within two to four weeks. Other symptoms of shingles can include fever, headache, chills and upset stomach.

The most common complication of shingles is lingering pain where the rash was, even after the rash is gone. The pain may be severe and debilitating, and usually resolves in a few weeks or months. As people get older, they are more likely to experience this lingering pain and it is more likely to be severe. Shingles may also lead to serious complications involving the eye, including loss of vision.

Shingles cannot be passed from one person to another. However, the virus that causes shingles, the varicella zoster virus, can be spread from a person with active shingles to another person who has never had chickenpox. In such cases, the person exposed to the virus might develop chickenpox, but they would not develop shingles.

The risk of getting shingles increases as a person ages and most commonly occurs in those 55 years old and older. Most commonly, a person experiences only one episode of shingles, but rare subsequent episodes may occur.

People over the age of 60, including those who have had a previous episode of shingles, are recommended to receive this vaccine.

Mid-Michigan District health department will be offering the vaccine to individuals over 60 years old in Clinton, Gratiot and Montcalm Counties who do not have insurance, or whose plan does not cover the Zoster vaccine.

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2- Shingles vaccine

People with Medicare Part D should check with their doctor or pharmacy to see if the vaccine is covered. Those with Medicare Part A and/or B can receive the vaccine at the health department. If you are unsure of your coverage, contact your insurance carrier.

If you would like more information or would like to make an appointment, please call the MMDHD branch office nearest you:

Montcalm County: 989-831-5237, option 5 and then option 7

Gratiot County: 989-875-3681, option 5 and then option 7

Clinton County: 989-224-2195, option 5 and then option 7

An administration fee of \$0 to \$20 may apply and is based on income.

Mid-Michigan District Health Department also carries Zoster vaccine for those 50 years and over with certain insurance coverage. Please call 989-875-1004 for more information.

Mid-Michigan District Health Department serves the residents of Clinton, Gratiot and Montcalm Counties.

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