

Guide to the Partial Subsidy for Voluntary Shingles Vaccination Fees

【Be sure to read the guide before vaccination】

Adachi City

To prevent shingles and postherpetic neuralgia (PHN), as well as to alleviate the financial burden of vaccination cost, Adachi City will subsidize a portion of the cost of the optional shingles vaccination. Please bring the enclosed vaccine screening questionnaire to a designated medical institution within Adachi City to receive the vaccination, and pay the difference between the vaccination cost and the city's subsidy amount to the medical institution. Whether it is a routine or voluntary vaccination, the subsidy is available only **one-time**. **If you have received a subsidy for voluntary vaccinations, you are not eligible for the subsidy for "routine vaccinations" that are available to those aged 65 and older.**

Those who are eligible

- Residents of Adachi City who are 50 years of age or older but under 65
 - ※This program is for individuals who have never used it before.
 - ※Vaccination is available from the day before your 50th birthday until the day before your 65th birthday.

Vaccination Deadline

- Through March 31 of the fiscal year in which the vaccine screening questionnaire was issued

Subsidy amount and number of subsidies

- Depending on the type of vaccine, the city will bear the following amount of the vaccination cost. Vaccination cost vary by medical institution. (If you pay the full cost yourself, it will cost approximately 9,000 yen per dose for live vaccines and approximately 22,000 yen per dose for inactivated vaccines.)

【Live vaccine (Biken)】 5,000 yen 1 dose

【Inactivated vaccine (Shingrix)】 10,000 yen up to 2 doses

※Please note that if you wish to receive an inactivated vaccine, the interval between doses is generally two months or more. Therefore, **if you do not complete the first dose by January 31 of the year in which the Vaccine screening questionnaire was issued, you will not be able to complete both doses within the deadline.**

Implementation place

【Designated medical institution in the city】

- Advance reservations are required.
- If you receive the vaccination at a medical institution other than a designated institution within the city, you will not be eligible for the subsidy.
- The vaccination cost or vaccines available vary by medical institution, so please check in advance.

What you should bring

- Proof of Adachi City residents (My Number Card as the health insurance certificate, driver's license, or other identification documents)
- Vaccine screening questionnaire for the voluntary shingles vaccination
 - ※If you receive a live vaccine, there is no second dose. If two vaccination register forms are enclosed, please use only the one marked "(Voluntary) Shingles ①" and discard "(Voluntary) Shingles ②."
- Difference between vaccination cost and subsidy amount (Please inquire with the medical institution regarding vaccination cost.)

Important Notes

- The inactivated vaccine requires two doses administered with two months apart. If more than two months have passed since the first dose, the second dose must be administered no later than six months after the first dose.
- Once you have received one dose of one vaccine, you cannot switch to the other vaccine.
- Subsidies are available only once in a lifetime for either live or inactivated vaccines.

For those wishing to receive a shingles vaccination (live vaccine or inactivated vaccine)

1 About the symptoms of shingles

Shingles is caused by the reactivation of the varicella-zoster virus, which remains dormant in the body after a previous chickenpox infection. It leads to the development of blisters—often painful—that typically appear in a band-like pattern on one side of the body along the nerve pathways. A possible complication is "postherpetic neuralgia," a condition in which pain continues even after the skin symptoms have healed, potentially interfering with daily life. Shingles occurs most frequently in people in their 70s.

2 Precautions regarding vaccination

As a general rule, vaccinations should be administered on a day when you are feeling well. If you are not in good health, please consult your doctor or other healthcare professional to decide whether to receive the vaccination.

- ① If you have a clear fever (usually 37.5°C or higher).
- ② If you have a clear serious acute illness.
- ③ If you have previously experienced anaphylaxis due to a component of the vaccine you are to receive.
- ④ If you have a disease that clearly impairs your immune function or are undergoing treatment that causes immunosuppression.
- ⑤ In any other case where a doctor deems it unsuitable.

	Live vaccine (dried attenuated varicella vaccine)	Inactivated vaccine (recombinant vaccine)
Other; Those who cannot be vaccinated.	<ul style="list-style-type: none"> ○ Individuals undergoing immunosuppressive treatments such as chemotherapy or steroids ○ Individuals with weakened immune systems (e.g., HIV infection) ○ Individuals who are clearly pregnant ○ Individuals who have previously experienced allergic reactions to the antibiotics kanamycin or erythromycin 	Unless you fall under any of the categories listed above ① to ⑤, you are eligible for vaccination regardless of your immune status.
Those who need to be careful about vaccination	Those who have received blood transfusions or gamma globulin injections should wait at least three months after treatment before getting vaccinated. Those who have received high-dose gamma globulin therapy should wait at least six months after treatment before getting vaccinated.	Because it is administered intramuscularly, caution is advised for individuals with thrombocytopenia, coagulation disorders, or those undergoing anticoagulation therapy.

※In addition, caution is advised regarding vaccination with any vaccine for those who have underlying conditions such as cardiovascular, renal, or liver disease, or blood disorders; those who have experienced allergic symptoms such as fever or a full-body rash within two days of a previous vaccination; those with a history of seizures; those diagnosed with immunodeficiency; those with close relatives who have congenital immunodeficiency; and those at risk of an allergic reaction to the components of the shingles vaccine (live or inactivated).

[Important Notes for Women]

Women who are pregnant or who may be pregnant are not eligible for vaccination with live vaccines as they are considered unsuitable for vaccination. Please receive the vaccination at an appropriate time after childbirth or after confirming that you are not pregnant and consult with the doctor administering the vaccination before receiving it. Furthermore, it is necessary to avoid pregnancy for two months after vaccination.

3 The effectiveness of the vaccine

	Live vaccine (dried attenuated varicella vaccine)	Inactivated vaccine (recombinant vaccine)
1 year after vaccine	Approximately 60% preventative effect	Approximately 90% preventative effect
5 years after vaccine	Approximately 40% preventative effect	Approximately 90% preventative effect
10 years after vaccine	—	Approximately 70% preventative effect

※Regarding the effectiveness of the vaccine against postherpetic neuralgia, one of the complications of shingles, it has been reported that, three years after vaccination, the live vaccine is about 60% effective and inactivated vaccines is over 90% effective.

4 Vaccine safety

The following adverse reactions may occur after vaccination. Although the frequency is unknown, live vaccines may cause anaphylaxis, thrombocytopenic purpura, or aseptic meningitis, while inactivated vaccines may cause shock, anaphylaxis, or Guillain-Barré syndrome. If you experience any concerning symptoms after vaccination, please contact the medical institution where you received the vaccine.

Incidence of major adverse reactions	Live vaccine (dried attenuated varicella vaccine)	Inactivated vaccine (recombinant vaccine)
70% or more	—	pain at the injection site
30% or more	redness at the injection site	redness at the injection site, muscle pain, fatigue
10% or more	itching, warmth, swelling, pain, or hardening at the injection site	swelling at the injection site, gastrointestinal symptoms, chills, fever
1% or more	rash, fatigue	itching, fatigue, and generalized pain

5 Precautions after vaccination

- ① The acute side reactions may occur during the first 30 minutes after receiving vaccination. Please be prepared to be able to contact the doctor or medical institution immediately.
- ② Keep the injection site clean. You can take a bath on the day of vaccination, but do not rub the injected area strongly. Also, avoid strenuous exercise and heavy drinking.

6 Simultaneous administration and intervals with other vaccines

For any shingles vaccine, simultaneous administration with other vaccines such as influenza vaccine, COVID-19 vaccine, and pneumococcal vaccine for the elderly is possible when your doctor deems it specifically necessary. However, for live vaccines, please ensure an interval of at least 27 days between doses of different live vaccines.

7 About Relief System for Health Damage caused by Vaccination

If you suffer health damage from the voluntary vaccination, you may be eligible for the “Relief Systems for Adverse Drug Reactions” by the Pharmaceuticals and Medical Devices Agency, Independent Administrative Agency.

◆ Inquiries ◆

Inquiry Call Adachi 3880—0039 From 8:00 a.m. to 8:00 p.m. (every day except during January 1 to 3)

Inoculation Subsection, Health Preventive Control Section, Hygiene Division, TEL 3880-5094
Adachi City