

# Guide to the Subsidy for Routine Shingles Vaccination Fees

Adachi City

## 【Be sure to read the guide before vaccination】

This vaccination is primarily intended to protect the individual and is offered only to those who wish to receive it. There is no obligation to receive this vaccination. Whether it is a routine or voluntary vaccination, the subsidy is available only one-time.

### —Those who are eligible—

- Those who are residents of Adachi City as of the date of vaccination, meet the following criteria, and are receiving the shingles vaccine for the first time. (Those who have received the vaccine entirely at their own expense or through Adachi City's voluntary vaccination program are not eligible. ※1)

- ① Individuals who will turn 65, 70, 75, 80, 85, 90, 95, or 100 years old in each fiscal year
- ② Individuals aged 60 or over but under 65 with an immune system disorder caused by human immunodeficiency virus (equivalent to physical disability certificate grade1)

※1 Eligible Individuals who have already received only the first dose of the inactivated vaccine, either at their own expense entirely or through the Adachi City's voluntary vaccination program, can receive only the second dose as a routine vaccination.

**Even if you receive this guide, you are not eligible for this routine vaccination if you have previously received the shingles vaccine (regardless of whether it was a live or inactivated vaccine, including individuals who have received at their own expense). Therefore, you cannot use the vaccine screening questionnaire. If you wish to receive another dose, please pay the fee set by the medical institution directly to that institution.**

### —Implementation period—

- From April 1 to March 31 of the fiscal year when the vaccine screening questionnaire is issued.

### —Vaccination fees and number of subsidies—

- **Vaccination is free of charge.** Vaccination is free of charge. (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.) The number of subsidized doses varies depending on the type of vaccine.

[Live vaccine (Biken)] 1 dose (administered subcutaneously)

[Inactivated vaccine (Shingrix)] Up to 2 doses (administered intramuscularly)

※Please note that if you wish to receive an inactivated vaccine, the interval between doses is generally 2 months or more. Therefore, **if you do not complete the first dose by January 31 of the year following the relevant fiscal year, you will not be able to complete both doses within the specified period.**

### —Implementation place—

- As per the **attached document, "List of Designated Medical Institutions for Shingles Vaccine Vaccination Cost Subsidies"**

※Vaccinations can also be received at designated medical institutions in the 23 special cities of Tokyo. If you wish to receive the vaccination at a medical institution in another city, please check in advance whether that medical institution is a designated medical institution in the city where it is located.

※The vaccines available vary by medical institution, so please check in advance.

### —Vaccination Method—

- **On the day of vaccination, please fill out the section within the thick border on the "Shingles Vaccination Screening Form" and bring it to the designated medical institution.**

※In cases where the person who is to be vaccinated is unable to sign the confirmation column due to reasons including paralysis or difficulty in accurately confirming their own intention, it is necessary for the family or family doctor to carefully confirm the person's intention before deciding on the indications for vaccination.

(If final confirmation cannot be made, vaccination based on the Immunization Act cannot be administered.)

※Please keep carefully the copy of the vaccine screening questionnaire for your own health record.

### —Important Notes—

- The inactivated vaccine requires two doses administered at least 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. You cannot receive the vaccination if you are in any of the following conditions:

- 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"> <li>○ Individuals undergoing immunosuppressive treatments such as chemotherapy or steroids</li> <li>○ Individuals with weakened immune systems (e.g., HIV infection)</li> <li>○ Individuals who are clearly pregnant</li> <li>○ Individuals who have previously experienced allergic reactions to the antibiotics kanamycin or erythromycin</li> </ul>	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).

## 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, generalized pain

## 5 Precautions after vaccination

- ① The acute side reactions may occur during the first 30 minutes after receiving vaccination. 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. 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 side effects of the routine vaccinations to the level that you will be left with a disability and your daily life will be impaired, you may be eligible for damage relief (medical expenses or disability pensions, and other benefits) under the Immunization Act.

◆ 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