





**PLEASE NOTE:**

All people who were born or have lived in tropical regions, and have been resident in the United Kingdom or other temperate regions for less than three years should have a blood test for Varicella Zoster Virus immunity. The exception being that they have had Varicella Zoster Virus Infection (Chickenpox/Shingles) whilst residing in a temperate region or they have had a course of Varicella Zoster Virus vaccination.

Tropical regions are sub-Saharan Africa, South East Asia, Caribbean, Central America and parts of India.

Temperate (non-tropical) regions are United Kingdom, rest of Europe, North America, Antipodes, Middle East and Indian sub-continent.

**IF IN DOUBT TEST**