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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