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# HPV Vaccination



Protect yourself from  
cancers caused by HPV



## How to use this leaflet



This is an Easy Read leaflet.  
The words are easy to read and understand.

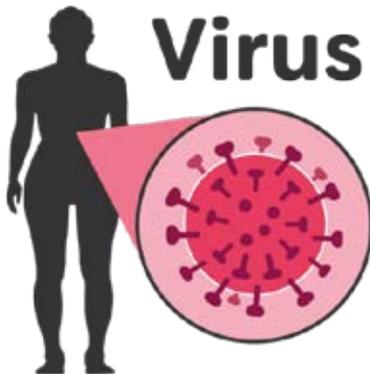


You may need help and support to read and understand this leaflet.  
Ask someone you know to help you.

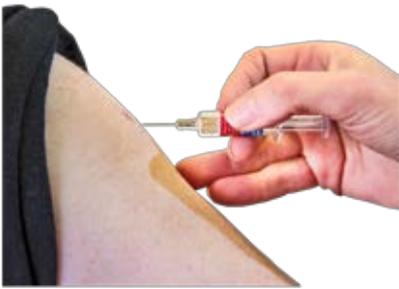


We also have this leaflet written in Welsh.

## What is a vaccination

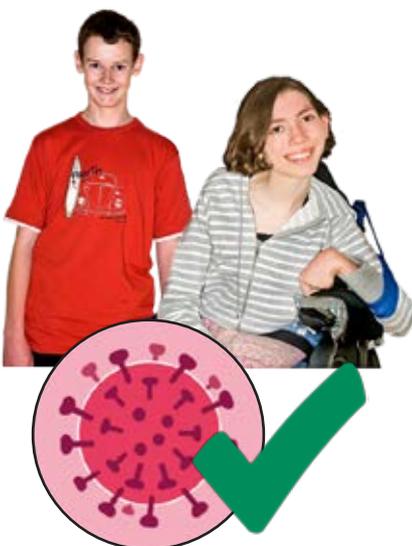


A vaccination is a way of protecting people. It can help stop you from catching a disease.



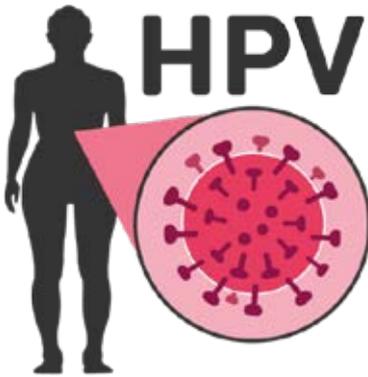
A small part of the disease is put into your body. It is usually done by giving you an injection.

## How do vaccinations work



Your body fights this little bit of disease and now knows how to fight it in the future.

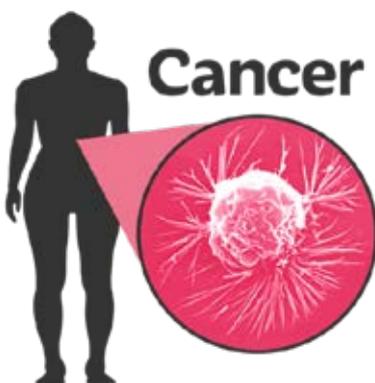
## What is HPV



HPV is the short name for viruses called Human Papillomavirus. HPV is very common. Most people do not know they have it.



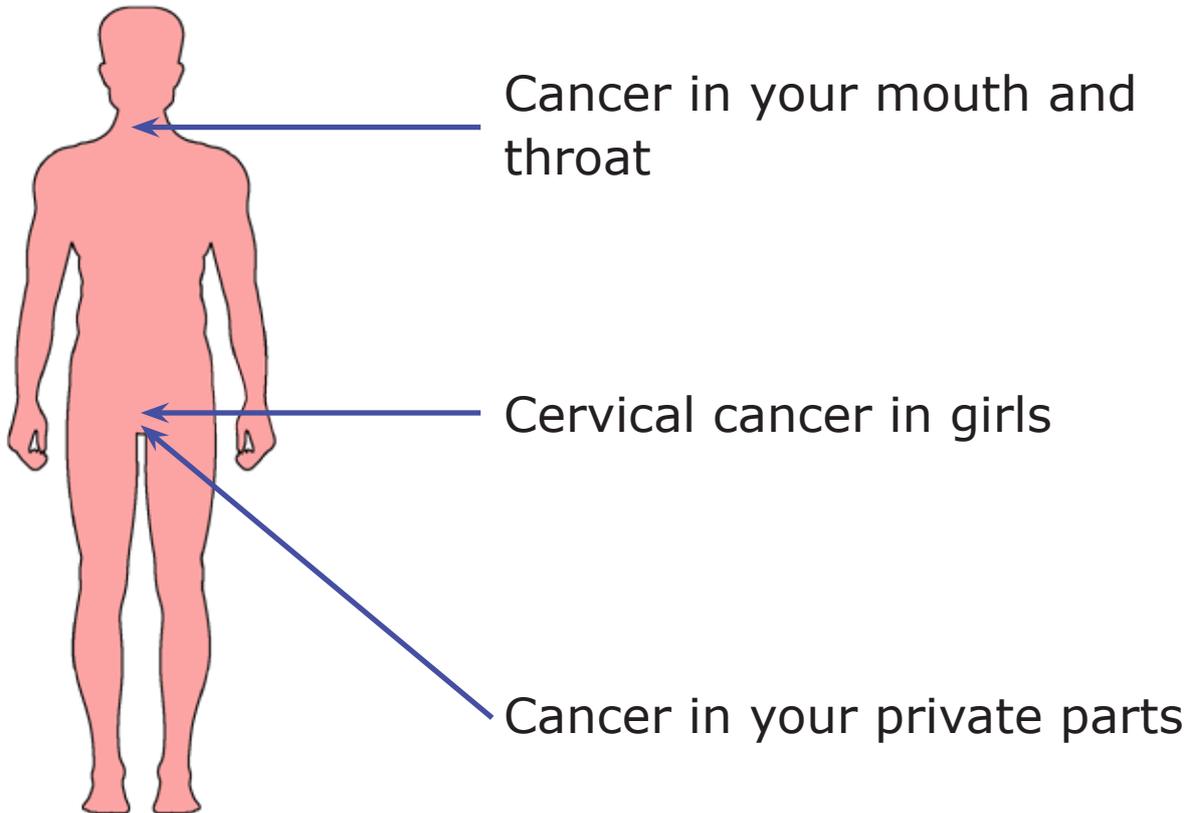
It can be spread by sexual contact. This mean touching someone elses private parts. Private parts are places like your penis, vagina or anus.



If you get HPV you have more chance of getting some cancers.

Cancer is a serious disease, some cancers can kill you.

## Cancers that can be caused by HPV



HPV can also cause warts to grow around your private parts.

Warts are small lumps of extra skin that can grow on your body.

## What is the HPV vaccine



The HPV vaccine is an **injection** you can have to help stop you from getting cancers caused by HPV.

## Who can have the HPV injection



All children aged 12 to 13 years old can have the injection at school in year 8.



If you are not at school you can ask your local doctor about it.

## Having the HPV injection



A nurse will give you 1 injection in the top of your arm. It is quick to have the injection.



You need to have another injection 6 to 12 months later. The nurse will tell you when it is time to have it.

**x3**



Some people might need **3 injections**. Your nurse or doctor will talk to you about it.

## Side effects



Side effects are things that might happen to you after you have had the injection.

The nurse will talk to you about this.



Your arm might be a bit sore, red or swollen where you had the injection. It should get better in a couple of days.



You might feel ill or a bit hot. You can take **paracetamol** or **ibuprofen** to help.

Remember to read the instructions on the packet.



Do not take **aspirin** if you are under 16.



If you feel ill and you are worried you can call **NHS Direct Wales**

**Telephone**  
**0845 46 47**

You can also call **NHS 111**

## Choosing to have the injections



When it is time for you to have the injections you will get a form to fill in with your parent or carer.



The form will ask if you agree to have the injections.



You should talk to your parent or carer before you agree to have the injection.



Bring the filled in form back to school straight away.

## What happens if I miss an injection



If you miss any of your injections speak to your school nurse or local doctor.

They will talk to you about how to get the injection you missed.



It is really important to get all of your injections to help protect you.

## More Information



If you want more information about the injections you can speak to your school nurse or local doctor.



You can also contact  
**NHS Direct Wales**

**Telephone**  
**0845 46 47**

Or call **NHS 111**



There is more information on the  
**NHS Direct Wales website**

**[www.nhsdirect.wales.nhs.uk/encyclopaedia/h/article/hpvimmunisationprogramme](http://www.nhsdirect.wales.nhs.uk/encyclopaedia/h/article/hpvimmunisationprogramme)**



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