



Mae Brechu yn achub bywydau
Vaccination saves lives



HPV Vaccination

Protecting against HPV infection
to help reduce your risk of cancer



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You cannot protect yourself against everything.

But you can get yourself vaccinated against the human papillomavirus (HPV), a common virus which can cause many different types of cancer.

The HPV vaccination programme

More than 280 million doses of the HPV vaccine have been given worldwide, including 120 million doses in the US and over 10 million in the UK.

The HPV vaccine has been offered to all girls in school year 8 since September 2008. From September 2019, the vaccine has also been offered to year 8 boys. This is because the evidence is clear that the HPV vaccine helps protect both boys and girls from certain types of cancer.

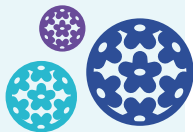






What is HPV and how it spreads?

HPV is a very common virus which usually has no symptoms.



People probably will not even know they are carrying the virus, and **in most people HPV clears up quickly.**



If you don't know you have the virus it means **you can pass it on to others.**



More than seven out of 10 people who have not had the HPV vaccination will get infected.



HPV lives on the skin in and around the whole genital area (your private parts) and is usually spread through intimate sexual contact. Condoms do not provide complete protection from HPV. Getting the vaccine now protects you against future risks.



There may not be immediate symptoms, but HPV can lead to cancers such as:

- cervical cancer (in females);
- some mouth and throat cancers; and
- some cancers of the anus and genital area.

HPV can also cause genital warts, which is one of the most common types of sexually transmitted infections.

What difference has the HPV vaccine made so far?

- It is expected that the vaccine will save hundreds of lives every year in the UK. A recent English study has shown a reduction of 90% in cancer-causing HPV in young women in their 20's who were vaccinated aged 12-13.
- The HPV vaccine also protects you against over 90% of genital wart infections.

Having the HPV vaccine

The vaccine is given in your arm and you normally need two injections to be fully protected. The first injection is usually given at school in year 8. The school nurse or vaccination team will let you know when both injections are due.

To give you the best protection, the vaccine should be given before you become sexually active. If you are sexually active you should still have the vaccine.

The HPV vaccine

Since 2012, Gardasil has been the HPV vaccine used in the UK. Sometime during the 2021 to 2022 academic year the HPV vaccine will switch to Gardasil 9. If you had Gardasil for your first dose you can have Gardasil 9 for the second dose. Both boys and girls can have the HPV vaccine.

Anyone can catch, carry and pass on HPV. Getting the HPV vaccine when you are offered it makes sure you are protected for your future.

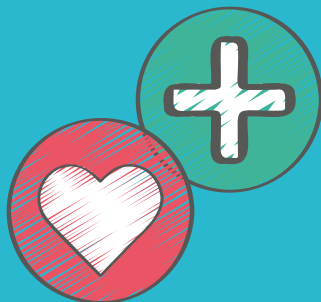


Side effects of the HPV vaccine

Side effects are usually mild. The most common side effect is a sore, swollen or red arm where you had the injection. This usually wears off within a few days. Less common side effects are headaches, nausea and fever. Serious side effects are extremely rare.

As with all vaccines, reports of side effects are closely monitored and reviewed. Extensive reviews of the safety of the HPV vaccine have found that evidence does not support a link between the vaccine and a number of serious and chronic (long-term) illnesses. For more information, go to [who.int/groups/global-advisory-committee-on-vaccine-safety/topics/human-papillomavirus-vaccines/safety](https://www.who.int/groups/global-advisory-committee-on-vaccine-safety/topics/human-papillomavirus-vaccines/safety)

You or your parent or carer can report suspected side effects of vaccines and medicines through the Yellow Card scheme. You can do this online at yellowcard.mhra.gov.uk or by calling the hotline (free) on **0800 731 6789** (Monday to Friday, 9am to 5pm).



Are there any reasons why I should not be vaccinated?

There are very few teenagers who cannot have their HPV vaccination. You should not have the vaccine if you have had a severe (life-threatening) reaction to any ingredient of the vaccine or to a previous dose of HPV vaccine. This severe reaction is called an anaphylactic reaction. These reactions are extremely rare and nurses are fully trained to deal with them.

If you have had a severe reaction to a vaccination in the past, it's important that you include the details of this on your consent form. It's also important you tell the person giving you the vaccine.

If you have a minor illness without a temperature, such as a cold, you should still have the vaccination. If you are ill with a high temperature, put the vaccination off until you are better.

Also, speak to your doctor or nurse before having the vaccination if you:

- have a bleeding disorder; or
- have had convulsions (fits) not associated with fever.

What should I do if I feel unwell after the vaccination?

If you have a temperature and feel unwell after the vaccination, you can take paracetamol to help you feel better. Read the instructions on the packet carefully and take the correct dose for your age. We don't recommend that you take this medicine before having the vaccine to try to prevent a temperature from developing.



Remember, if you are under 16 you should not take medicine that contains aspirin.

Extra information for girls



Having the HPV vaccination between the ages of 12 and 14, followed by regular cervical screening when you reach 25, offers the best possible protection against cervical cancer.

Do I still need to go for cervical screening if I have had the vaccine?

Anyone aged 25 to 64 who lives in Wales and has a cervix is offered cervical screening (smear) tests.

The vaccine will prevent around seven out of 10 cervical cancer cases, but screening can find other high-risk HPV infection not covered by the vaccine. By finding HPV infection or cell changes early, screening can prevent cervical cancer from developing. For more information, visit [cervicalscreeningwales.wales.nhs.uk/home](https://www.cervicalscreeningwales.wales.nhs.uk/home)

What about the other cancers?

There are currently no screening programmes for other HPV-related cancers. If you are worried about any symptoms, speak to your GP practice.



A little
injection?
Worth it!

Any questions?

What do I need to do?

If you receive a consent form and information leaflet from school, make sure you and your parent or carer read the information about the vaccination, sign the consent form and return it to school as soon as possible. It's best to involve your parent or carer in your decision about having the vaccination, but in some circumstances you can give permission for the vaccination yourself if you fully understand what is being offered.

What if I've lost my consent form?

You can get another one – just speak to your school nurse as soon as possible.

What if I have not had my first HPV vaccine by the age of 15?

The HPV vaccine works best before you've ever been exposed to the virus. If you have not had any HPV vaccine before your 15th birthday you should discuss it with your school nurse, vaccination team or GP practice. They will let you know how many doses you will need and where you can get the vaccination.

I missed my vaccination. Can I still have it?

Yes. If you are in the eligible groups and have missed any of your HPV vaccinations at school, you can still have them up until your 25th birthday. You should try to catch up as soon as possible. Contact your school nurse, vaccination team or GP practice and discuss it with them to see if you can have it.

Does this mean I cannot get cancer?

No. The HPV vaccine protects you against most, but not all, forms of HPV. Because HPV can lead to cancer, this vaccine is about reducing your risk.





Will I be vaccinated against other diseases at school?

Yes, you will be offered other vaccinations before you leave school, such as:






- a booster dose of the Td/IPV vaccine, which helps protect against tetanus, diphtheria and polio;
- the MenACWY vaccine, which helps protect against meningitis; and
- the MMR vaccine which protects against measles, mumps and rubella (if you have not yet had the recommended two doses).

In areas where these vaccinations are not available in school you will be able to have them with your GP practice.

Will I be offered the COVID-19 vaccine?

Some young people are now being offered the COVID-19 vaccine. If you are eligible you will be told when and where you can have it. For more information, visit phw.nhs.wales/topics/immunisation-and-vaccines/covid-19-vaccination-information/eligibility-for-the-vaccine

HPV vaccine to-do list

-  Talk to your parent or carer about getting the HPV vaccine and let them read the consent form and information leaflet.
-  If you still have questions, talk to your school nurse - they are there to help.
-  Return the signed consent form to school.
-  Make sure you go to school on the vaccination day. If you miss it for whatever reason, you should have more opportunities to have the vaccine.
-  If you have left school or are not sure if you have missed any vaccinations, speak to your GP practice.



For more information

If you have any questions or want more information, you can visit 111.wales.nhs.uk, talk to your doctor or nurse or call **NHS 111 Wales**.

If **111** is not available in your area, please call **0845 46 47**. Calls from landlines and mobiles cost 2p per minute (plus your telephone provider's usual charge).

You can find more information on the HPV vaccine at: 111.wales.nhs.uk/livewell/vaccinations

Information on cervical cancer is available by visiting Jo's Cervical Cancer Trust website at: jostrust.org.uk

A complete list of ingredients and possible side effects for the Gardasil vaccine is given in the patient information leaflet (PIL) at: medicines.org.uk/emc/medicine/19033

A complete list of ingredients and possible side effects for the Gardasil 9 vaccine is given in the patient information leaflet (PIL) at: medicines.org.uk/emc/product/7330/pil

You can read the Summary of Product Characteristics (SPC) at: medicines.org.uk/emc/search?q=gardasil

The vaccination schedule that shows you which vaccinations are routinely offered in Wales is available at: 111.wales.nhs.uk/CompleteSchedule

You can find out how the NHS uses your information at: 111.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights

To order more copies of this leaflet, visit: publichealthwales.org/HealthInformationResources

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