



Mae Brechu yn achub bywydau  
Vaccination saves lives



# HPV Vaccination

Protecting against HPV infection  
to help reduce your risk of cancer



GIG  
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## **HPV Vaccination Programme**

**The HPV vaccine has been offered to all girls in school year 8 for over 10 years. From September 2019, the vaccine has been offered to everyone (girls and boys) in year 8.**

**This is because the evidence is clear that the HPV vaccine helps protect both girls and boys from HPV-related cancers.**

## **The HPV vaccine helps protect you from being infected by human papillomavirus (HPV)**

This virus increases the risk of developing some cancers later in life, such as:

- cervical cancer;
- some mouth and throat cancers; and
- some cancers of the anus and genital area.

The HPV vaccine does not protect against other sexually transmitted infections.

# HPV and how it spreads

**HPV infection is very common.**

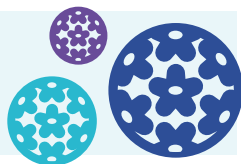
More than 7 out of 10 people who have not had the HPV vaccination will get it



**HPV lives on the skin in and around the whole genital area,** so using condoms does not provide complete protection from HPV



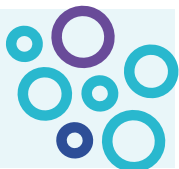
There are **many different types** of HPV



Most HPV infections do not cause any symptoms and **get better on their own**



**Some do not clear up** and can lead to cancer, while others cause genital warts





## What difference has the HPV vaccine made so far?

Since the HPV programme started in 2008, evidence from the UK shows:

- ▼ a large reduction in the number of HPV infections with the main cancer causing HPV types;
- ▼ a fall in the number of cases of genital warts; and
- ▼ a reduction in pre-cancerous disease of the cervix in 7 out of 10 young women.



**In time it is expected that the vaccine will save hundreds of lives every year in the UK by preventing cancers caused by HPV.**



## Having the HPV vaccine

The vaccine is given in your arm and you need two doses 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 doses 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.**



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

If you have not had any HPV vaccine before your 15th birthday you will need three doses.

The school nurse or vaccination team will let you know when the doses are due.

## 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. Contact your school nurse, vaccination team or your GP practice.

## Side effects of the HPV vaccine

Side effects are usually mild.

- Soreness, swelling and redness in the arm are common but wear off in a couple of days
- 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 illnesses.

You can read a safety review on HPV vaccines at: [www.who.int/vaccine\\_safety/committee/topics/hpv/June\\_2017/en](http://www.who.int/vaccine_safety/committee/topics/hpv/June_2017/en)

You can report suspected side effects of vaccines and medicines through the Yellow Card scheme online at: [www.yellowcard.mhra.gov.uk](http://www.yellowcard.mhra.gov.uk) or by calling the hotline on **0800 731 6789** (Monday to Friday 9am to 5pm).





## What do I need to do?

If you receive a consent form from school, make sure you and your parent or guardian read the information, sign the form and return it to school as soon as possible.

It's best to involve your parent or guardian in your decision about having the vaccine, but in some circumstances you can give permission yourself if you fully understand what is being offered.

You can get information on consent in health care for young people from: [www.wales.nhs.uk/governance-emanual/patient-consent](http://www.wales.nhs.uk/governance-emanual/patient-consent)

## 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.

If you have a minor illness without a fever, such as a cold, you should still have the vaccination. If you are ill with a fever, 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 fever and feel unwell after the vaccination, you can take paracetamol or ibuprofen. Read the instructions on the packet carefully and take the correct dose for your age. We don't recommend that you take these medicines in advance to prevent a fever from developing.



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

## Women who have had the vaccine will still need to go for cervical screening

All women aged 25 and over in Wales are offered cervical-screening tests.

The vaccine will prevent around 7 out of 10 cervical cancer cases but screening can find other HPV infection. By finding infection or cell changes early, screening can prevent cervical cancer from developing.

For more information visit:

[www.cervicalscreeningwales.wales.nhs.uk/home](http://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.



### Remember to:

- ✓ get your HPV vaccine now
- ✓ get the remaining dose/s when informed by your school nurse or vaccination team
- ✓ protect yourself against cancers caused by HPV

# Where can I get 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 possible side effects and vaccine contents in:

The Patient Leaflet

**[www.medicines.org.uk/emc/medicine/19033](http://www.medicines.org.uk/emc/medicine/19033)**

The Summary of Product Characteristics (SmPC)

**[www.medicines.org.uk/emc/medicine/19016/SPC/gardasil](http://www.medicines.org.uk/emc/medicine/19016/SPC/gardasil)**

The routine vaccination schedule that shows you which vaccinations are offered in Wales is available from: **[111.wales.nhs.uk/pdfs/adultschedule.pdf](http://111.wales.nhs.uk/pdfs/adultschedule.pdf)**

To order more copies of this leaflet, visit:

**[www.publichealthwales.org/HealthInformationResources](http://www.publichealthwales.org/HealthInformationResources)**

To find out how the NHS uses your information, visit: **[111.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights](http://111.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights)**

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