

HPV VACCINE GUIDE

STAY PROTECTED FROM CANCER



IT ONLY TAKES
5 MINUTES
AND **PROTECTS**
YOU FOR LIFE



FRIENDS,
FAMILIES &
TRAVELLERS

WHAT YOU NEED TO KNOW:

WHAT IS HPV?

- HPV is a very common virus that can cause some cancers.

WHAT IS THE HPV VACCINE?

- A small jab that protects you from the types of HPV most likely to cause some types of cancers.

WHO IS IT FOR?

- Boys and girls in Year 8 or 9 (ages 12–13), but it's also available to anyone until their 25th birthday
- Most young people only need one dose, and it protects you for life.

WHERE CAN YOU GET IT?

- Most young people can have the vaccine at **school**.
- If you are home schooled, you can get it from your GP.
- You can also get it at a pharmacy, but you will have to pay.



WHAT TO EXPECT?

BEFORE YOUR JOB:

- It may help to wear a short-sleeve shirt
- You'll have the jab in your upper arm — *it's quick.*
- You might feel a little pinch, then it's done.

AFTER YOUR JOB:

- Your arm might feel a bit sore. A bit of swelling or redness in the arm are common. *These symptoms usually goes away in a few days.*
- You can go back to lessons or carry on with your day.
- The side effects are usually mild.

WHY IT MATTERS?

- The vaccine lowers your risk of cancers caused by HPV.
- More than **70% of people who are not vaccinated** will get HPV at some point.



MORE INFORMATION:

For more information, [CLICK HERE.](#)

Or go to:

www.nhs.uk/vaccinations/hpv-vaccine



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