



人乳头瘤病毒和疫苗

什么是HPV?

- HPV是人乳头瘤病毒的缩写。HPV可导致生殖器疣和癌症（宫颈癌、肛门、生殖器、口腔和喉咙）。

如何染上HPV?

- 通过与感染者的生殖器区域（包括阴茎、阴囊、阴道、外阴或肛门）的皮肤接触（亲吻或触摸）。
- 并非仅仅通过性接触才感染HPV。
- 许多HPV患者不知道自己感染了病毒，可能会继续感染其他人。

HPV 疫苗 (Gardasil®9)有哪些成分?

疫苗里含有：	还有什么地方能找到这些成分?
HPV 蛋白质	人乳头状瘤病毒
氯化钠	人体，盐
铝	蔬菜、谷物、除臭剂
L-组氨酸	人体，豆类，鱼，牛奶
聚山梨醇酯80	冰激凌，干酪
硼酸钠	水、土壤
酵母	人体，面包，百吉饼

接种HPV疫苗有哪些好处?

- 研究表明，Gardasil®9 可预防导致宫颈癌和其他癌症的9种最常见和最有害的HPV类型。
- 它还能有效预防生殖器疣

Gardasil®9 安全吗?

- 安全!
- Gardasil®9 临床研究结果与在加拿大安全使用多年的Gardasil® 非常相似。
- 您不会由于疫苗感染HPV。

我如何预备疫苗接种?

- 与您的父母或监护人讨论疫苗。
- 了解如何应对您的担忧（专注于呼吸，让目光远离针头，数数到10，等等）。
- 接种当天穿短袖衬衫。
- 吃早餐，多加些果汁或小零食，以避免昏厥（昏厥常见于成长中的青少年）。

Gardasil®9 有何副作用?

最常见副作用	不常见副作用	非常罕见和严重的副作用
注射部位的发红、疼痛和/或肿胀，特别是在最初的24小时内	头痛或轻度发热	严重的过敏反应导致呼吸困难，面部或口腔肿胀，荨麻疹
治疗：敷冰疫苗接种部位和/或服用乙酰氨基酚 (如 Tylenol®)		诊所的护士接受过治疗严重反应的培训

我如何保护自己免受HPV的伤害?

- 接种疫苗。
- 节制房事。
- 如果您即将开始活跃的性行为，一些方法可以保护您免受HPV感染。咨询您的父母，医疗保健者或参阅 ParentinginOttawa.ca/immunization 了解更多信息。
- 接受测试！对于HPV没有常规的诊断检测，但PAP检测可以在早期发现宫颈癌。定期的牙科检查能及时发现HPV引起的口腔癌的早期变化。

比较这些风险：病毒或疫苗?

病毒风险	疫苗风险
大约75%的人在其生命中的某个阶段可能暴露于HPV感染	每10个人中有9人出现手臂疼痛
在安大略省，每年有14,700例生殖器疣的诊断	每10人中有2人出现头痛或轻度发热
安大略省每年有630名妇女确诊患有宫颈癌 安大略省每年有150例与HPV相关的癌症死亡病例	严重的反应非常罕见

请访问网站了解该疫苗的更多信息：
<https://www.ontario.ca/page/getting-hpv-vaccine>



Human Papillomavirus (HPV) and the Vaccine

What is HPV?

- HPV is short for human papillomavirus. HPV can cause genital warts and cancer (cervical, anal, genital, mouth and throat).

How can I get HPV?

- Through skin-to-skin contact (kissing or touching) with the genital areas (including the penis, scrotum, vagina, vulva or anus) of a person who has the HPV infection.
- It is not necessary to have sex to get HPV.
- Many people with HPV don't know they have the virus and may go on to infect others.

What is in the HPV vaccine (Gardasil®9)?

What is in this vaccine?	Where else are these ingredients found?
HPV proteins	Human papillomavirus
Sodium chloride	Human body, salt
Aluminum	Vegetables, cereal, deodorant
L-histidine	Human body, beans, fish, milk
Polysorbate 80	Ice cream, cottage cheese
Sodium borate	Water, soil
Yeast	Human body, bread, bagels

What are the benefits of getting the HPV vaccine?

- Research has shown that Gardasil®9 protects against 9 of the most common and harmful types of HPV that cause cervical and other cancers.
- It is also effective in preventing genital warts.

Is Gardasil®9 safe?

- Yes!
- Gardasil®9 clinical study results are very similar to Gardasil® which has been safely used in Canada for many years.
- You cannot get HPV from the vaccine.

How can I prepare for the vaccine?

- Talk to your parent or guardian about the vaccine.
- Learn ways to deal with your worry about the vaccination (focus on breathing, look away from the needle, count to ten, etc.).
- Wear a short sleeve shirt.
- Eat breakfast and have an extra juice or small snack to avoid fainting (common with growing teens).

What are the side effects from Gardasil®9?

Most Common	Less Common	Very Rare and Serious
Redness, pain and/or swelling at the site, especially during the first 24 hours	Headache and/or mild fever	Serious allergic reaction causing trouble breathing, swelling of the face or mouth, hives
Treatment: Apply ice to the area where you got the vaccine and/or take acetaminophen (e.g. Tylenol®)		Clinic nurses are trained to treat severe reactions

How can I protect myself from HPV?

- Get the vaccine.
- Be abstinent.
- If you are considering being sexually active, there are ways to protect yourself against HPV. Talk to your parents, health care provider or go to [ParentinginOttawa.ca/immunization](https://parentinginottawa.ca/immunization) for more information.
- Get tested! There is no routine diagnostic test for HPV, but Pap tests can find cancers of the cervix early. Regular dental check-ups can find early changes that might lead to oral cancers caused by HPV.

Compare the risks: Virus or Vaccine?

Virus Risk	Vaccine Risk
About 75% of people could be exposed to an HPV infection at some point in their lives	Sore arm - 9 in 10 people
14,700 cases of genital warts diagnosed per year in Ontario	Headache or mild fever- 2 in 10 people
630 women diagnosed with cervical cancer each year in Ontario 150 HPV related cancer deaths per year in Ontario	Serious reactions very rare

For more information regarding this vaccination, please visit: <https://www.ontario.ca/page/getting-hpv-vaccine>