



Human Babilimofayras iyo tallaalka

Waa maxay HPV?

- HPV waxaa loo soo gaabiyay human babilimofayras. HPV waxa uu keeni karaa burooyinka xubinta taranka iyo kansarka (ilmo galeenka, dabada, xubinta taranka, afka iyo cunaha).

Sideen ku qaadi karaa HPV?

- Taabashada maqaarka (dhunkashada ama taabashada) meelaha xubnaha taranka (oo ay ku jiraan xubinta ragga, xiniinyaha, farjiga, xubinta dumarka ama dabada) ee qofka qaba caabuqa.
- Looma baahna in galmo la sameeyo si loo qaado HPV.
- Dad badan oo qaba HPV ma oga inay qabaan fayraska waxaana laga yaabaa inay sii wadaan inay qaadsiiyaan kuwa kale.

Maxaa ku jira tallaalka HPV (Gardasil®9)?

Maxaa ku jira tallaalkan?	Meelahee kale ayaa laga helaa maaddooyinkan?
Borotiinada HPV	Fayraska human babilimofayras
Sodhyam Koloraydh	Jirka dadka, milixda
Aluuminam	Khudaarta midhaha, cadarada
L-histidiin	Jirka dadka, biiniska, kalluunka, caanaha
Bolysorbate 80	Jalaatada, burcadka
Sodhyam boorat	Biyaha, saliida
Fixiso	Jirka dadka, rootida, rooti yar

Waa maxay faa'iidooyinka qaadashada tallaalka HPV?

- Cilmi baaris ayaa muujisay in Gardasil®9 waxa uu difaaco 9 ka mid ah noocyada ugu caansan uguna waxyeelada badan ee HPV ee keena kansarka ilma-mareenka iyo kuwa kale.
- Waxay kaloo waxtar u tahay ka hortagga burooyinka xubnaha taranka.

Gardasil®9 ma leeyahay badbaado?

- Haa!
- Natiijooyinka daraasadda caafimaad ee Gardasil®9 waxay aad ugu eeg yihiin Gardasil® kaas oo si badbaado leh loogu isticmaali jiray Kanada sanado badan.
- HPV kama qaadi kartid tallaalka.

Sideen ugu diyaar garoobi karaa tallaalka?

- Kala hadal waalidkaaga ama masuulkaaga tallaalka.
- Baro siyaabaha aad uga hortagi karto welwelkaaga ku saabsan tallaalka (diirada saar neefsashada, ka jeedso cirbadda, tiri ilaa toban, iwm.).
- Xidho shaadh gacmo gaab ah.
- Quraac cun oo soo qaado sharaab dheeraad ah ama cunto fudud si aad iskaga ilaaliso dawakhaad (ku badan dhallinta koraysa).

Waa maxay waxyeellooyinka Gardasil®9?

Ugu Badan	Aan badnayn	Aad u dhif iyo halis yar
Casaan, xanuun, iyo/ama barar goobta, gaar ahaan 24-ka saac ee ugu horreeya	Madax xanuun iyo/ama qandho yar	Xasaasiyad daran oo keenaysa neefsashada oo adkaata, barar wejiga iyo afka, cuncun
Daaweynta: Ku qabo baraf goobta aad ka qaadatay tallaalka iyo ama qaado baarasitimol (e.g. Tylenol®)		Kalkaalisoooyinka xarunta ayaa u tababaran daaweynta xasaasiyada daran

Sideen naftayda uga ilaalin karaa HPV?

- Qaado tallaalka.
- Dhowrsoonaw.
- Haddii aad ka fekereyso inaad galmo samayso, waxaa jira siyaabo aad iskaga ilaalin karto HPV. Kala hadal waalidkaaga, bixiyahaaga daryeelka caafimaadka ama qabo [ParentinginOttawa.ca/immunization](https://parentinginottawa.ca/immunization) wixii macluumaad dheeraad ah.
- Isbaadh! Ma jiro baadhitaan joogto ah oo lagu ogaanayo HPV, laakiin baadhitaanada Pap tests waxay hore u heli karaan kansarrada ilmo-galeenka. Baaritaannada ilkaha ee joogtada ah waxay heli karaan isbeddello hore oo keeni kara kansarka afka ee uu keeno HPV.

Isbarbardhig khataraha: Fayraska ama Tallaalka?

Khatarta Fayraska	Khatarta Tallaalka
Qiyaastii 75% dadku waxay yeelan karaan caabuqa HPV mar ka mid ah noloshooda	Gacan xanuun – 9 ka mid ah 10kii qof
14,700 xaaladood oo burooyinka xubinta taranka ayaa laga helaa Ontario gudaheeda sanadkii	Madax xanuun ama qandho yar- 2 ka mid ah 10kii qof
630 dumar ah ayaa lagu ogaaday kansarka ilma galeenka sanad kasta Ontario 150 dhimasho oo ah kansarka la xidhiidha HPV sanadkii Ontario	Xasaasiyad daran waa dhif iyo naadir

Wixii macluumaad dheeraad ah oo ku saabsan tallaalkan, fadlan booqo: <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 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>