

## Human Papillomavirus 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
<b>Treatment:</b> 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](http://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>