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?
It’s called Gardasil® and Gardasil®9

What is in this vaccine?Where else are these ingredients found?
HPV proteinsHuman papillomavirus
Sodium chlorideHuman body, salt
AluminumVegetables, cereal, deodorant
L-histidineHuman body, beans, fish, milk
Polysorbate 80Ice cream, cottage cheese
Sodium borateWater, soil
YeastHuman 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® and Gardasil®9 safe?
• Yes!
• Gardasil®9 clinical study results are very similar to Gardasil® which has been safely used in Canada for ten years.
• In 2016, there was only 1 serious reaction to Gardasil in all of Ontario out of ~ 210,000 doses given1.
• 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?

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

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<tr>
<th>Virus Risk</th>
<th>Vaccine Risk</th>
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<tr>
<td>About 75% of people could be exposed to an HPV infection at some point in their lives</td>
<td>Sore arm - 9 in 10 people</td>
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<tr>
<td>14,700 cases of genital warts diagnosed per year in Ontario</td>
<td>Headache or mild fever - 2 in 10 people</td>
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<tr>
<td>630 women diagnosed with cervical cancer each year in Ontario</td>
<td>Serious reactions very rare</td>
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<td>150 HPV related cancer deaths per year in Ontario</td>
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For more information regarding this vaccination, please visit the Government of Ontario’s fact sheet: https://www.ontario.ca/page/getting-hpv-vaccine

1 Vaccine Safety Surveillance Technical Data Notes 2017