



## School Immunization Program

### Human Papillomavirus Vaccine – Gardasil®

#### What is human papillomavirus (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) or a person who has the HPV infection.
- It is not necessary to have intercourse to get HPV.
- Many people with HPV don't know they have the virus and may go on to infect others.

#### How can I protect myself from HPV?

- Get the vaccine.
- Practice abstinence.
- 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 [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org) for more information.
- Get tested! Although there is not routine diagnostic test for HPV, pap tests can detect cancers of the cervix early.

#### What is the benefit of getting the HPV vaccine (Gardasil®)?

- Research has shown that **Gardasil®** can prevent most cases of cervical cancer if all doses are given before a person becomes sexually active. It is also effective in preventing some other cancers, such as penile cancers in males, as well as genital warts, throat cancer in females and males.

#### What is the HPV vaccine?

Gardasil® Contents	Where else are they found?
HPV proteins	Human papillomavirus
Sodium chloride	Human body, salt
Aluminium	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

#### How do I know that Gardasil® is safe?

- Gardasil® was approved for use in the US since 2006 and in Canada since 2007.
- Each dose given is monitored and reactions are reported by nurses and doctors to provincial and federal vaccine reporting systems.
- You cannot get HPV from the vaccine.

#### What are the side effects from Gardasil®?

Most Common	Less Common	Very Rare and Serious
Redness, pain and/or swelling at the site, especially during the first 24 hours	Tiredness, headache and/or slight fever	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 side effects

#### Compare the risks – the virus or the vaccine?

HPV Virus Risk	HPV Vaccine Risk
About 75% of people could be exposed to an HPV infection at some point in their lives	Sore arm – 8 in 10 people
14,700 cases of genital warts diagnosed per year in Ontario	Headache or feeling tired – up to 2 in 10 people
630 women diagnosed with cervical cancer per year in Ontario	Serious reactions VERY rare
150 deaths per year in Ontario	Death – Zero

#### New in 2016

**This publicly funded (free) vaccine is now being offered to boys and girls and moving from grade 8 to grade 7.**

This change aligns with current scientific and expert recommendations to help protect more youth from HPV infection and related cancers. The immunization of boys is also recommended by expert groups such as the National Advisory Committee on Immunization.

**Note: Girls in grade 8 in 2016-2017 school year will be offered the HPV 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 needle, count to ten, etc).
- Wear a short sleeve shirt.
- Eat breakfast and have an extra juice or small snack.

#### Did you know that Ontario has a Health Care Consent Act?

If a nurse finds that you are capable of understanding the benefits of receiving the vaccination, possible side-effects and the risks of not getting immunized, you can legally make the decision to get or not get the vaccine. However, it is recommended that you talk with your parent/guardian and ideally both you and your parent/guardian should sign the consent form before the vaccine is given at school.

