



School Immunization Program

Human Papillomavirus Vaccine – Gardasil®9

What is human papillomavirus (HPV)?

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

How can I get HPV?

- Through skin-to-skin contact (kissing or touching) with the genital areas (penis, scrotum, vagina, vulva or anus) with a person who has HPV.
- 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.simcoemusokahahealth.org for more information.
- Continue to have cancer screening as recommended by your health care provider

What is the benefit of getting the HPV vaccine (Gardasil®9)?

- Research has shown that Gardasil®9 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, and anal and throat cancer in females and males.
- HPV vaccine also prevents genital warts.

What is in the HPV vaccine?

Gardasil®9 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®9 vaccine is safe?

- Gardasil® has been used in Canada since it was approved in 2007. To date, over 175 million doses have been administered worldwide.
- In 2016, Health Canada approved Gardasil®9 which is the same vaccine but now protects against 5 additional strains of HPV.
- 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 of HPV vaccine?

Most Common	Less Common	Very Rare
Redness, pain and/or swelling where the needle was given	Tiredness, headache and/or slight fever	Severe allergic reaction (Trouble breathing, swelling of the face or mouth, hives)*
*Clinic nurses are trained to treat severe allergic reactions		

Compare the risks: the virus or the vaccine?

HPV Virus Risk	HPV Vaccine Risk
About 75% of people are exposed to an HPV infection 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	Severe allergic reaction – 1 in a million doses
150 deaths per year in Ontario	Death – Zero

How can I prepare for the vaccine?

- Talk to your parent or guardian about the vaccine.
- Learn ways to deal with your worry about getting the vaccination (focus on breathing, look away from needle, count to ten).
- Wear a short sleeved shirt.
- Eat breakfast and have an extra juice or small snack in your lunch.