

# Please see below useful HPV information from The School-Aged Immunisation

## Team.

### What is HPV?

HPV is the name given to a very common group of viruses.

There are many types of HPV, some of which are called "high risk" because they're linked to the development of cancers, such as cervical cancer, anal cancer, genital cancers, and cancers of the head and neck.

### What are the symptoms of HPV?

HPV does not usually cause any symptoms.

Most people who have it do not realise and do not have any problems.

But sometimes the virus can cause painless growths or lumps around your vagina, penis, or anus (genital warts).

### How is HPV spread?

Many types of HPV affect the mouth, throat, or genital area. They're easy to catch.

You do not need to have penetrative sex.

You can get HPV from:

- any skin-to-skin contact of the genital area.
- vaginal, anal, or oral sex
- sharing sex toys

## What does the HPV vaccine protect against?

The HPV vaccine helps protect against cancers caused by HPV, including:

- cervical cancer
- some mouth and throat (head and neck) cancers
- some cancers of the anal and genital areas
- It also helps protect against genital warts.

## Who can have the HPV vaccine?

The 1st dose of the HPV vaccine is routinely offered to girls and boys aged 12 and 13 in school Year 8. The 2nd dose is offered 6 to 24 months after the 1st dose.

## How do I contact you?

Telephone the team on 0300 365 0077

Email: [Westschoolsimms@berkshire.nhs.uk](mailto:Westschoolsimms@berkshire.nhs.uk)

[Eastschoolimms@berkshire.nhs.uk](mailto:Eastschoolimms@berkshire.nhs.uk)

[Centralschoolimms@berkshire.nhs.uk](mailto:Centralschoolimms@berkshire.nhs.uk)

## How do I know if am up to date with my vaccinations?

You can contact Child Health Information Service on: 0300 561 1851

Or alternatively contact your GP surgery

## What should I do on the day of the vaccination?

Eat Breakfast. Drink well. If school allows wear a short-sleeved top. Don't worry!

## How do I stay well after I have had my vaccination?

Drink lots of water.

Move your arm.

Eat well.

If you're worried then talk to school or your parent/carer at home.

[HPV vaccine side effects - NHS \(www.nhs.uk\)](https://www.nhs.uk)

## **My parents do not want me to receive the vaccination, but I do. Who can I talk to for support?**

Call us on: 0300 365 0077

Email: [Westschoolsimmms@berkshire.nhs.uk](mailto:Westschoolsimmms@berkshire.nhs.uk)

[Eastschoolimms@berkshire.nhs.uk](mailto:Eastschoolimms@berkshire.nhs.uk)

[Centralschoolimms@berkshire.nhs.uk](mailto:Centralschoolimms@berkshire.nhs.uk)

Or use this link for further info: [Consent to treatment - Children and young people - NHS \(www.nhs.uk\)](https://www.nhs.uk)

## **I have come from another country and do not know my vaccination history.**

If unsure you are better to have the vaccination.

Receiving the vaccination more than once cannot cause you any harm.

## **What do I do if I am unsure if I need this vaccine?**

Receiving the vaccination more than once cannot cause you any harm.

## **What should I do if I am worried about having the vaccination?**

Come and talk to us on the day. All the nurses are here to support you.

## **Useful links:**

[HPV vaccine overview - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Human papillomavirus \(HPV\) - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Join the fight against certain HPV cancers - MSD \(hpvwise.co.uk\)](https://hpvwise.co.uk)