

# FACT SHEET

## Human Papillomavirus (HPV9) Vaccine for Students

Grade 7 students are offered this free vaccine that is funded by the Ministry of Health and Long-Term Care.

### What is HPV and how do you get it?

- HPV is a group of viruses that can cause cancer of the cervix, vagina, vulva, penis, mouth and throat, as well as genital warts.
- HPV is spread by direct skin-to-skin contact and through sexual activity with someone who has the virus.
- 8 out of 10 Canadians become infected with HPV during their lives.
- Some people with HPV infections do not have any symptoms.
- HPV in Ontario has been estimated to cause an average of 254 deaths and 1,300 cases of cancer each year.

### Can HPV be prevented?

- The HPV vaccine, Gardasil, provides effective protection against the most common types of HPV.
- The vaccine is most effective when given to individuals before they are exposed to HPV.

### What to expect after receiving the HPV immunization?

- Gardasil is very safe and has been approved for use by the Food and Drug Administration (FDA) since 2006.
- Some people may experience redness, itching, pain, swelling, and/or bruising at the site where the needle was given. A few people may get a slight fever, headache, dizziness, nausea or vomiting, or feel unwell the following day. This means the body is responding to the vaccine.
- Fainting can occur after vaccination and is not uncommon in adolescents.
- Very rarely, swollen glands, joint/muscle pain, tiredness, shortness of breath, and Guillain-Barré Syndrome have been reported.
- Some side effects, though extremely rare, require immediate medical care. These include difficulty breathing, swelling of the mouth or face, hives, a rash or seizure/convulsions.
- If you have concerns about any side effects, please report them to your physician/nurse practitioner and the Health Unit.

### What's in the Gardasil vaccine?

Contents	Where else are they found?
Pieces of HPV proteins	HPV
Yeast	Human body, bread, bagels
Sodium chloride	Human body, table salt
Aluminum	Vegetables, cereal, deodorant
L-histidine	Human body, beans, fish, milk
Polysorbate 80	Ice cream, cottage cheese
Sodium borate	Water softener, soap, soil

### Who should not receive the vaccine?

- Those who are fevered the day of the clinic should wait until feeling better.
- Anyone with a weakened immune system due to illness, medication, or therapy should delay receiving the vaccine.
- Anyone with an allergy to any part of the vaccine.
- If you are pregnant or breastfeeding, consult your healthcare provider.

### How can I prepare my child?



Talk to your child about the vaccine.



Review helpful ways to deal with fear or anxiety (count to ten, look away from needle, focus on breathing)



Make sure your child eats on clinic day.



Make sure your child wears a short sleeve shirt on clinic day.

### Recommended websites to find out more:

- Huron Perth Public Health – [www.hpph.ca](http://www.hpph.ca)
- Society of Obstetricians & Gynaecologists of Canada – [www.hpvinfos.ca](http://www.hpvinfos.ca)
- Ontario Ministry of Health & Long-Term Care – [www.hpvontario.ca](http://www.hpvontario.ca)
- Canadian Cancer Society – [www.cancer.ca](http://www.cancer.ca)
- Cancer Care Ontario – [www.cancercareontario.ca/cancerfacts](http://www.cancercareontario.ca/cancerfacts)