

HPV* Vaccine

A Guide for Young Adults

* human papillomavirus



HPV is a very common virus that can lead to:

- ▶ Cancers of the mouth and throat
- ▶ Cancer of the cervix
- ▶ Cancer of the penis, vagina, vulva, or anus
- ▶ Genital warts

HPV vaccine can prevent these!

Do I really need HPV vaccine? **Yes!**

You should get HPV vaccine because it can prevent some types of cancer and genital warts.

Do I need it if I haven't had sex yet? **Yes!**

- You don't have to have sex to catch HPV, but sex increases your risk.
- You can get HPV by skin-to-skin intimate contact.
- People can get and spread HPV without knowing it.
- It's best to get vaccinated before you ever have sex.

Should I get HPV vaccine if I've already had sex? **Yes!**

You still need to get vaccinated even if you have had sex. The vaccine provides a lot of protection.

Why do I need 3 shots?

You need 3 HPV shots to be fully protected.

I didn't get the vaccine at age 11 or 12. Should I get it now? **Yes!**

HPV vaccination is recommended for people ages 9 through 26. Even though it is ideal to get HPV vaccine as a preteen, it is still highly effective in teens and young adults.

Is HPV vaccine safe? **Yes!**

- Millions of doses of HPV vaccine have been given without any problem.
- You may get a sore arm.
- Occasionally, a few people faint, so sit for 15 minutes after getting the vaccine.

Make sure you get all 3 HPV shots. Complete your series!

When Should I Get HPV Vaccine?

Have your healthcare provider fill in this chart about when you should be vaccinated.

VACCINE DOSE	RECOMMENDED	DATE DOSE GIVEN OR DUE
#1	For people ages 9–26 years	
#2	1–2 months after vaccine dose #1	
#3	At least 6 months after vaccine dose #1	

For more information on vaccines for teens and young adults, visit www.vaccineinformation.org/teens or www.vaccineinformation.org/adults

Adapted with permission from the Academic Pediatric Association