

# The HPV Vaccine: A Guide for San Francisco Teens



**SAN FRANCISCO**

There's a vaccine available to girls that helps prevent **cervical cancer** caused by certain types of Human Papillomavirus (HPV).



Maybe you've heard about the HPV vaccine from a friend, parent, or doctor.

**So why is it such a big deal?**

It is the first vaccine that helps prevent a major type of cervical cancer!

**Not sure if the vaccine is right for you?**

We hope this will answer your questions so **you** can decide.

# What is HPV?

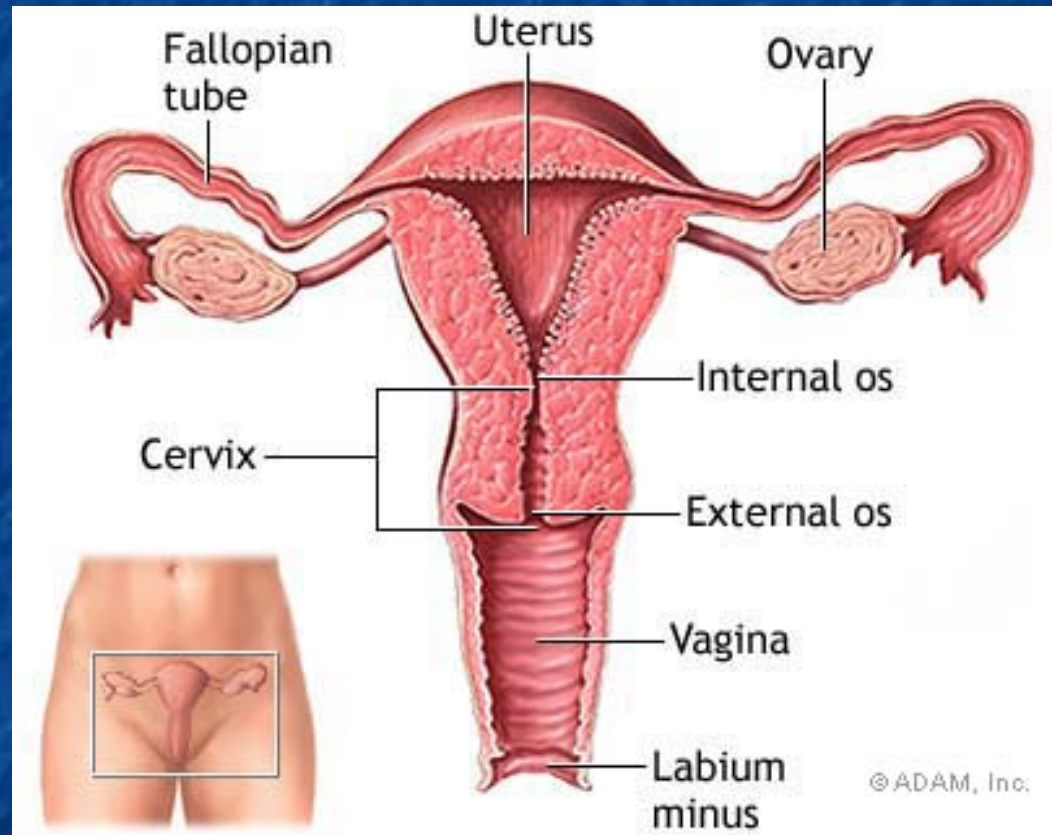
(Human Papillomavirus)

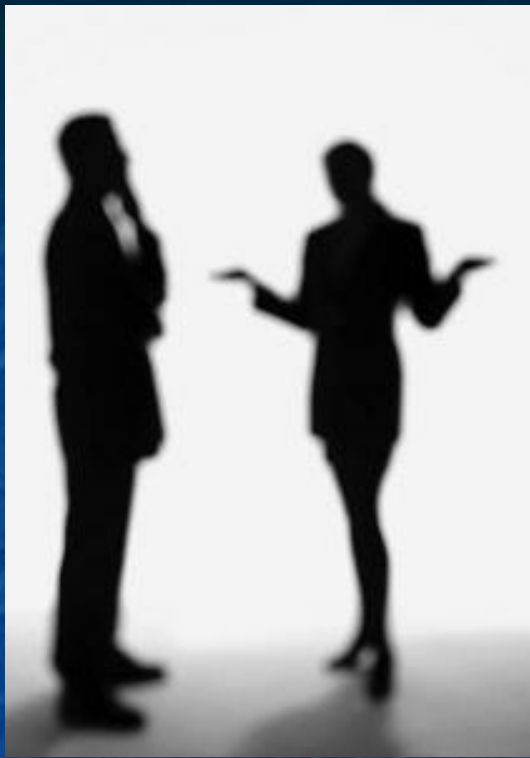
There are **many different types** of HPV (more than 100!)

Researchers keep track of the different types of HPV by identifying them with **numbers** (like #6, 11, 16 and 18)

Some types cause **genital warts** (an STD)

Others cause **pre-cancerous changes** (cellular changes that can lead to cancer of the **cervix**).





# Am I at risk for HPV?

**Any sexually active person** — no matter what age, race, gender or sexual orientation — can get HPV.

-1 in every 2 sexually active young women has HPV.

-About 20 million Americans know they have HPV because they have had genital warts or an abnormal Pap test.

***Most people don't know they have HPV because they don't have symptoms.***

HPV is spread by **skin-to-skin contact** during vaginal, anal, or oral sex with **someone who is infected with HPV**. Condoms can help protect against HPV, but they aren't perfect because HPV can be found on skin that isn't covered by a condom.

# What is the HPV vaccine?



The vaccine is called **Gardasil**. It prevents four types of HPV:

-#16 and #18

(linked to cervical cancer)

-#6 and #11

(which cause genital warts)

The vaccine works best in girls who have **not come in contact with** HPV. That's why Gardasil is recommended for 11-12 year old girls as a routine vaccination.

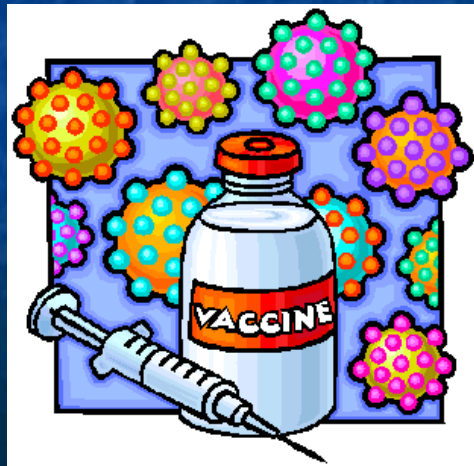
(It is also recommended for women ages 13-26 who have not yet had the vaccine).

The HPV vaccine is given in a series of **3 shots over 6 months**. The first shot is your choice. The second should be given two months later, and the third should be given about six months after the first one.

# How does the HPV vaccine work?

The vaccine is a fluid that has very small particles in it that look like HPV. The body quickly starts making **antibodies** (protection) against HPV.

Antibodies are necessary to fight HPV. Remember the virus isn't a live virus, which means **you can't get HPV from the vaccine.**



# Is the HPV vaccine effective?

When tested in girls who had not yet been exposed to HPV types #6, 11, 16 and 18, Gardasil was 100% effective.

If a girl has been exposed to one type of HPV (for example, #6), the vaccine still gives protection against #11, 16, and 18.

***\*\*Even girls who have had sexual contact should get immunized.\*\****

**\*\* It is important to plan on returning to your doctor or nurse for your second and third shots.**

**The vaccine will not be completely effective if you don't have **all three doses** of the vaccine.\*\***



# When is the best time to get vaccinated?



The best time to get vaccinated is **before you come in contact with HPV.**

Doctors recommend that all **11 and 12 year old girls** get it.

Older girls can also get the vaccine; it is approved for all women ages **9-26.**



# Are there any side effects with the HPV vaccine?

**Side effects are rare!**

Some girls who get the vaccine may complain of pain or redness where they got the shot (usually in their arm).

In very few cases, people may get a fever, feel dizzy, or feel sick to their stomach.



How do I know if I should get the HPV vaccine?

**Talk it over with your doctor or nurse.** Now that the vaccine is available, it is a good idea to take advantage of it. Most people will have sex at some point in their lives and the vaccine is **very effective** against the spread of HPV.

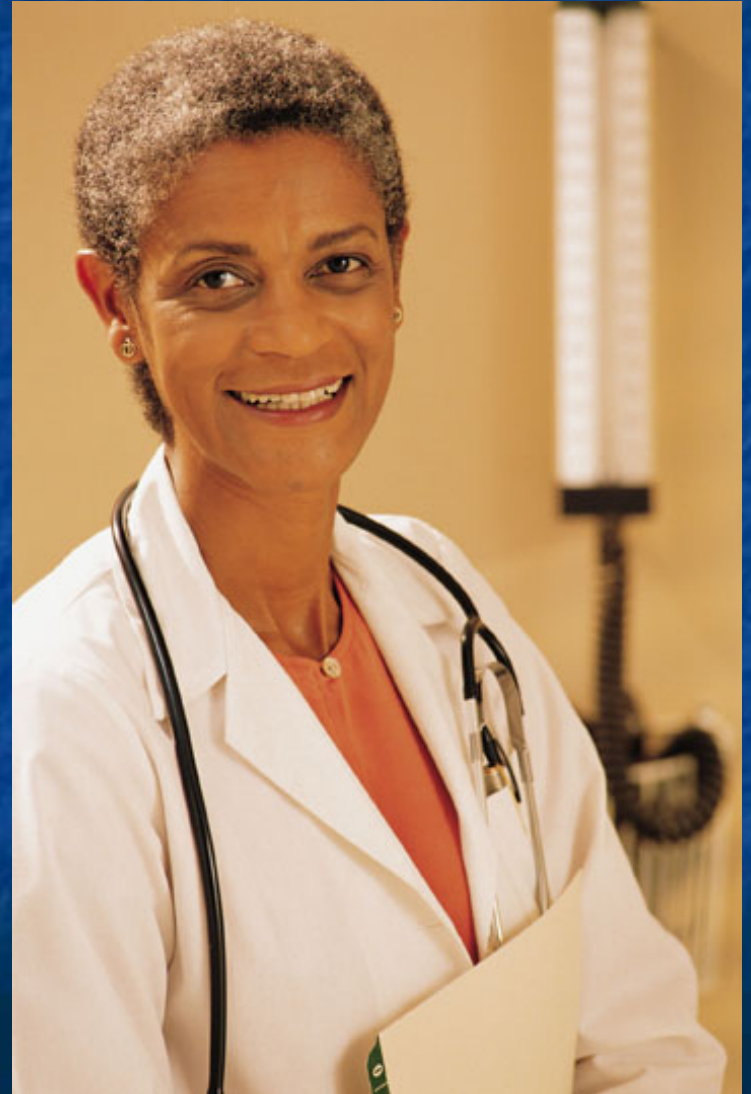
Is there any reason why I *shouldn't* get the HPV vaccine?

The vaccine is not recommended if you are **pregnant**, have certain **blood conditions**, or an **immune disorder**. If you aren't sure, **ask your doctor** if it's a good idea for you.



**\*\* If you find out that you're *pregnant* after you get the first shot, *tell your doctor or nurse.***

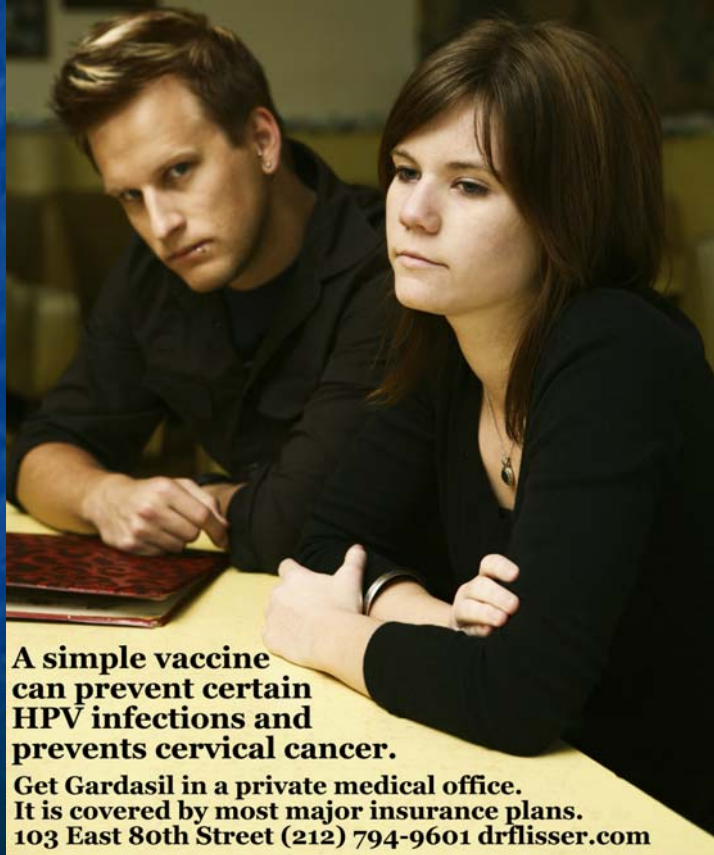
**You will be told to wait to get the second or third shot until after your pregnancy is over. \*\***



# Should I get the vaccine even if I've already had sex and don't know if I was exposed to HPV?

She won't have to tell him  
she has HPV...

*...because she doesn't.*



**A simple vaccine  
can prevent certain  
HPV infections and  
prevents cervical cancer.**

**Get Gardasil in a private medical office.  
It is covered by most major insurance plans.  
103 East 80th Street (212) 794-9601 drflisser.com**

**Yes!** Girls and young women should receive the vaccine even if they have already had sex.

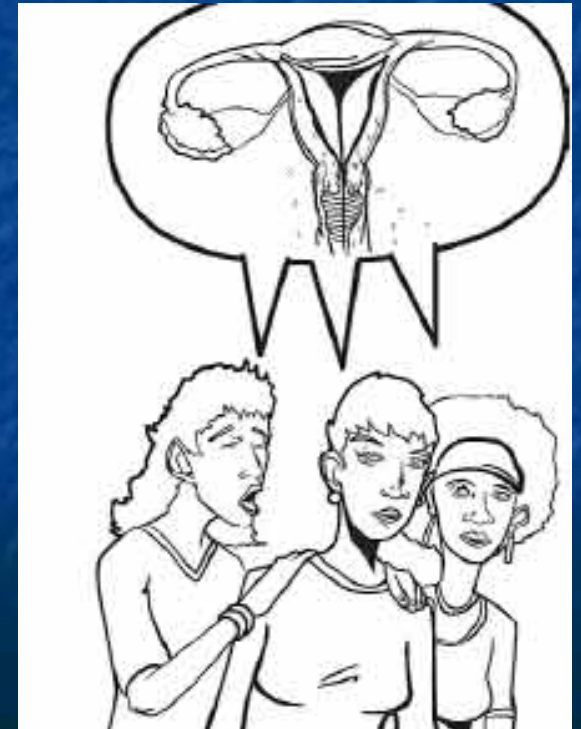
It is **not necessary** to have an HPV test before getting the vaccine.

# If I've already tested **positive** for HPV, will the vaccine help?

It depends on what type of HPV you have been exposed to.

The vaccine won't **cure** an HPV infection that you already have.

It could, however, **protect you** from the types of HPV that you have not come in contact with.





**\*\*Talk to your nurse or doctor to find out if you should have the vaccine.**

**Remember - it is important to use condoms **every time** you have sex and to see your nurse or doctor for regular check-ups and Pap tests.\*\***

# If I get the HPV vaccine will I be protected for the rest of my life?

We don't know how long you'll be protected after you receive Gardasil because it hasn't been available for very long.

So far, research studies have followed girls for 5 years after they received the HPV vaccine and they are **still protected**. The levels of antibodies are very high, so protection is likely to last for a long time.





## Is there an HPV vaccine for boys, too?

The HPV vaccine has only been approved for young **women** between 9-26 years old. Research is being done to figure out if boys would benefit from the vaccine. It's possible that in the future they will also get vaccinated.



**\*\* Don't forget: the HPV vaccine protects you against **some** kinds of the virus, but it doesn't protect you from **all** of them.**

**It is still very important to go for **regular** check-ups and Pap tests.**

**Be sure that you **always** use condoms if you are sexually active.**

**Talk to your nurse or doctor about whether Gardasil is right for you! \*\***



# In **San Francisco**, you can get the HPV vaccine at:

- **3rd Street Youth Center**  
(415-615-9945)  
5190 Third Street  
Bus lines: 15, 54
- **Cole Street Youth Center**  
(415-673-2319)  
555 Cole Street  
Bus lines: 6, 7, 43, 71, 33, 37, 24
- **Mission Neighborhood Health**  
(415-552-3870)  
240 Shotwell Street  
Bus lines: 27, 48, 22, 14, 49, 33

**GARDASIL IS AVAILABLE  
IN OUR OFFICE.**

**Call for an appointment today.**



**GARDASIL.**

**[Quadrivalent Human Papillomavirus  
(Types 6, 11, 16, 18) Recombinant Vaccine]**