



# The HPV vaccine

## The facts.

### What is the HPV vaccine?

- The HPV vaccine helps protect you against some types of human papillomavirus (HPV).
- HPV is a really common virus – in fact, most of us will have it at some point in our lives. Our body usually gets rid of HPV without any problems, a bit like a cold.
- Sometimes, HPV stays in our body. If it does, over time it may develop into cancers that affect men and women or genital warts.

### Can I have the HPV vaccine?

- Your school will offer you the HPV vaccine between age 11 and 13.
- If you miss having it in school, you can get it from your GP until you are 25 years old.
- You can talk with your parent or guardian to decide if you want the vaccine.

Questions? You could ask your school nurse or read more at [jostrust.org.uk](http://jostrust.org.uk)

### Having the HPV vaccine

- Like most injections (jabs or jags), the HPV vaccine goes into your upper arm.
- If you are under 15, you have 2 doses.
- If you get the HPV vaccine from the GP at 15 or over, you have 3 doses.

Worried about the injection? Chat with your parent, guardian or school nurse before.

## Is the HPV vaccine safe?

We know that the HPV vaccine is safe because it has been studied and lots of people have had it. Any side effects are usually ones that happen after any injection, like having a sore arm for a bit.

If you or your parent or guardian want to know more about side effects, visit [jostrust.org.uk](https://jostrust.org.uk)

If you feel very ill or side effects last for a long time, it is important to see your GP.

## After the HPV vaccine

If you are a girl and have had the HPV vaccine, you will still be invited for cervical screening (smear tests) from age 25.

The HPV vaccine doesn't protect against all types of HPV that may cause cervical cancer, so cervical screening is still an important test.

Cervical screening checks that your cervix is healthy and you don't have HPV.

## More information about the HPV vaccine

We teamed up with Teenage Cancer Trust to develop lesson plans about HPV, the vaccine and more.

Your teacher, parent or guardian can go to [jostrust.org.uk/teachers](https://jostrust.org.uk/teachers) to find out more and download the free resources.

We have lots of information and support about HPV and the HPV vaccine at [jostrust.org.uk](https://jostrust.org.uk)

0808 802 8000

[jostrust.org.uk](https://jostrust.org.uk)

Jo's cervical  
cancer trust



With thanks to Nikki's Trust for funding this leaflet.