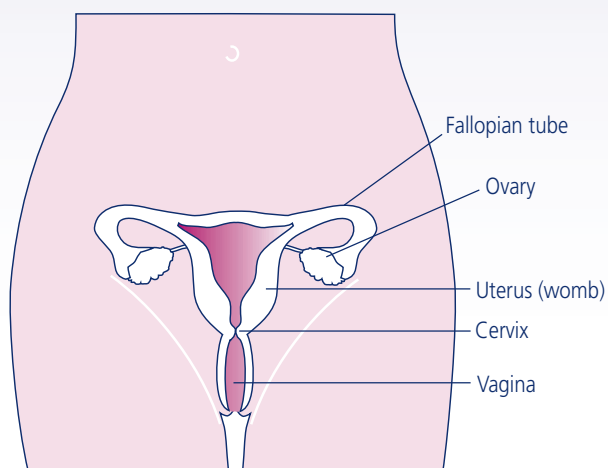


Information about the HPV jab for girls aged

12 and 13

This leaflet is about the injection (jab) that can help protect you against cervical cancer when you are older.



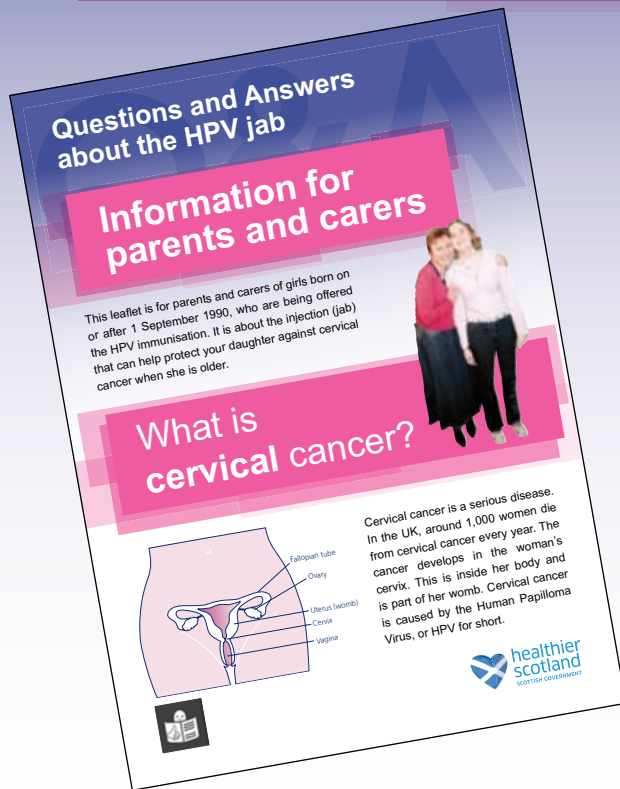
Cervical cancer is a serious disease. In the UK, around 1,000 women die from cervical cancer every year. The cancer develops in the cervix, which is part of the womb.

Cervical cancer is caused by the Human Papilloma Virus, or HPV for short. HPV is very common, and it is very easy to get this virus. Most girls and women who get HPV will be okay because it will usually go away by itself, but not always. You can get HPV by having sex with someone who already has the virus, or even just by touching the genitals (private parts) of someone who has the virus. Even if you have not done this, you should have the jab now so you do not get HPV when you are older.

You will still need to start having regular cervical smear tests when you are 20 years old. Getting the HPV jab when you are a teenager and going for regular cervical smear tests when you are older is the best way to stop cervical cancer happening to you.



Before you get the jab



You will get a bigger leaflet called 'Questions and Answers about the HPV jab: Information for parents and carers'. Read this with your mum, dad or carer. You can also visit www.fightcervicalcancer.org.uk to watch a DVD. If you need more information, you or your parents or carer can speak to a nurse or doctor.

You can have the jab if you have asthma, eczema or allergies, but if you are worried about anything, speak to the nurse or your doctor. Your mum, dad or carer should sign the consent form to say that you can have the jab.

Getting the jab



You should have breakfast or lunch before you get the jab, and it is a good idea to wear short sleeves. A school nurse will give you 3 jabs in the top of your arm. You will not get these at the same time. You need to get 3 separate jabs over 6 months to give you the best protection. The HPV jab has been given to thousands of young women and this has shown the jab is very safe. You cannot catch anything from the jab.

The jab will protect you from HPV for a long time.

After you get the jab

You might have a sore arm for a short while.

Some people may be allergic to the jab. They may get a rash or itchy skin. Rarely, a girl may have a serious and sudden allergic reaction called anaphylaxis, where she finds it hard to breathe. This is very unlikely to happen, but if it does, the nurse knows what to do.

If you have been allergic to a jab before, you should speak to a nurse or doctor.



How do I find out more about the jab?

Speak to your nurse or doctor.

Call the free **NHS Helpline** on **0800 22 44 88**
(Textphone 18001 0800 22 44 88).

Go to www.fightcervicalcancer.org.uk
for more information or to watch a DVD.



Other booklets you might like to read are called:

Keep yourself healthy: a guide to having a smear test.

Keep yourself healthy: do I need a smear test?

For your free copy, please call NHS Health Scotland on **0131 536 5500** or visit:

www.healthscotland.com/uploads/documents/2869-guidetohavingasmear.may06.pdf

www.healthscotland.com/uploads/documents/9929-DoINeedASmearTest.pdf

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