

## Get Vaccinated

Human Papillomavirus (HPV) is a common virus that is spread through sexual contact. It is often undetected. HPV is a type of "high risk" virus associated with several types of cancer in women and men. The most common type of cancer is cervical cancer. Getting the HPV vaccination for girls and young women, ages 11-26, and for boys and young men, ages 9-26, before first sexual contact will prevent HPV. Preventing HPV will prevent HPV related cancers. This is a 3-dose Vaccination, and all 3 doses are needed for maximum prevention. Schedule an appointment to get your child vaccinated today.



Schedule an appointment with your daughter's or son's doctor today for HPV vaccination.

Chapa-De Indian Health Program  
530-867-2800

Greenville Rancheria Health Clinic  
530-284-6135

Karuk Tribal Health  
530-493-5257

Mathiesen Memorial Health Clinic  
209-984-4820

Pit River Health Services  
520-335-3561

Redding Rancheria Tribal Health Center  
530-224-2700

Sonoma County Indian Health Project  
707-521-4500

Toiyabe Indian Health Project  
760-873-8461

Tule River Indian Health Center  
559-784-2316

United Indian Health Services  
707-825-5000

Warner Mountain Indian Health  
530-279-6194



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## Prevent Cancer Later in Life

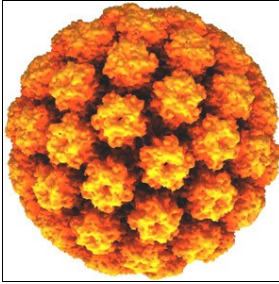


## What parents of teens and preteens need to know about HPV Vaccination

This information is intended for educational purposes only and is not intended to replace consultation with a health care professional October 2014

## What is HPV?

HPV (Human Papillomavirus) is a common virus that is spread through sexual contact. There are many different types of HPV. Some types can cause cervical cancer in women and other HPV related cancer in men. HPV is so common, that most adults will get it at sometime in their lives. It is most common in young people in their late teens through early 20's. Most people do not show any symptoms of HPV.



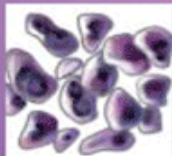
## What is the link between HPV and Cancer?

HPV infection with one of the "high risk" types of the virus is associated with several types of cancer. Each year in the US, about 18,000 HPV associated cancers affect women, cervical cancer being the most common. About 7,000 HPV associated cancers affect men each year.

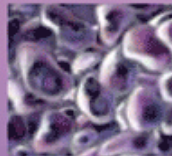
### HPV can cause changes in cervical cells over time



Normal cells



Pre-cancer cells



Cancer cells

## What is HPV Vaccine?

Two types of HPV vaccines have been approved by the Food and Drug Administration (FDA). The two vaccines are Cervarix® and Gardasil®, and both protect against most cervical cancers in females. Only one vaccine, Gardasil®, is licensed, safe, and effective for males ages 9 through 26 years. Gardasil® is also approved to prevent most genital warts and anal cancer in females and males. However, neither vaccine will treat existing HPV infections or complications.

## Who should get HPV vaccine?

Doctors and the Center for Disease Control and Prevention (CDC) recommend the vaccine for girls, ages 11 through 12. Girls and young women, ages 13-26 should also get the vaccine if they have not started or finished the vaccine series. The Gardasil® vaccine is recommended for boys and young men ages 9 through 26.

## Why is HPV vaccine recommended for 11 and 12 year olds?

For HPV vaccine to work best, it is very important to get all 3 shots before first sexual contact. This is important, because the vaccine prevents HPV infections in females and males who have not yet been exposed to the HPV types covered by the vaccination. Someone can be infected with HPV the very first time that they have sexual contact with another person. It is possible to get HPV even if sexual contact only happens one time.

## Is the HPV vaccine safe and effective?

The FDA has licensed both Cervarix® and Gardasil® as safe and effective. These vaccines have been tested with thousands of people in the United States and around the world. Serious side effects are rare. The most common side effect is soreness in the area of the arm that the shot was given. When all 3 doses are received, HPV vaccine is very effective against the types of HPV that are included in the vaccine. Studies have shown that getting 1 or 2 shots is not as effective as getting all 3 shots, so it is important to get all 3 shots.

## How is the HPV vaccine given?

Vaccines are given in 3 doses over 6 months.

- 1st dose: Now— or at a date that you and your healthcare provider choose.
- 2nd dose: 1 or 2 months after 1st dose.
- 3rd dose: 6 months after 1st dose.



HPV vaccines can be given at the same time as other vaccines.

## What is the cost of HPV vaccine?

American Indian/Alaska Native children younger than 19 years of age can get free shots through the Vaccines for Children (VCF) Program. All IHS, tribal and urban Indian health clinics offer shots through the VCF program; so do many private doctors. Check with your doctor or your local clinic.