

# VACCINATION

The Gardasil 9 series is the only vaccine in the United States that protects against the most common strains of HPV. It is best to receive the vaccine early and before sexual activity. 2-3 doses of the vaccine are recommended for the most protection.

Research has shown that receiving the vaccine at a young age is not linked to becoming sexually active earlier. In multiple clinical studies, the Gardasil 9 vaccine series has been proven to reduce cancers and warts caused by HPV by up to 90%.



The Centers for Disease Control and Prevention (CDC) recommends starting the 2-3 vaccine series at age 11-12 but it is encouraged to start as early as 9 years.

- 2 doses are required if the series was started BEFORE the 15th birthday.
- 3 doses are required if the series was started AFTER the 15th birthday.

# TO LEARN MORE ABOUT HPV

SCAN ME

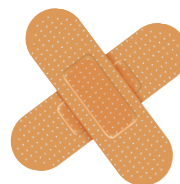


## MORE QUESTIONS?

**CONNECT WITH A COUNTY OF SAN DIEGO  
PUBLIC HEALTH NURSE FOR MORE INFORMATION**

CALL: 1 (866) 358-2966 OPTION 5

EMAIL: [PHS-IZPHN.HHSA@SDCOUNTY.CA.GOV](mailto:PHS-IZPHN.HHSA@SDCOUNTY.CA.GOV)





## CANCER & HPV

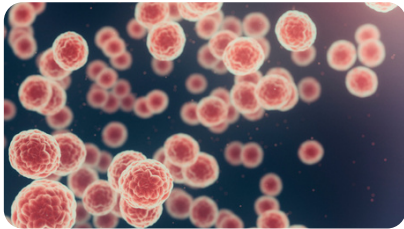
HPV can infect the skin, genitals and throat in both males and females, and the cervix in females. HPV is the cause of up to 80% of cancers found in these areas.

Approximately 35,000 new cases of cancers caused by HPV are diagnosed every year. HPV vaccination is cancer prevention!

## WHAT IS HPV?

The Human Papillomavirus (HPV) is a very contagious virus that can cause warts and growths on the skin. HPV is very common and there are over 100 varieties of the virus. In some cases, HPV can cause serious complications, including cancers.

About 13 million people, along with children



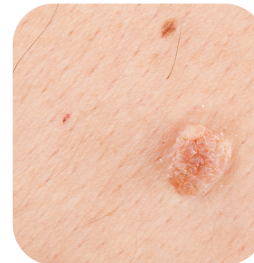
and teenagers, become infected every year. HPV spreads from skin-to-skin contact with someone who has the virus, as well as sexual contact. The best prevention against HPV is vaccination.

## SIGNS & SYMPTOMS

Most people with HPV do not develop symptoms. Many people who have it don't know it. In cases where there are symptoms, the most common is the presence of warts.

- Warts vary in size, shape and location on the body.
- They commonly present as small, cauliflower-like bumps on or around the genital area.
- Warts may be itchy or painful.

Warts are contagious and can spread HPV to others. In many cases, there are no symptoms.



## PREVENTION

Because of how common HPV is, it is difficult to prevent the spread without getting vaccinated. 4 out of 5 people will get an HPV infection in their lifetime, most often in their late teens and early 20s. It's best to get vaccinated early for the most protection. Other ways to prevent HPV include:

- Regular cervical cancer screening, such as Pap exams, HPV tests, and follow up exams.
- The HPV vaccine offers long-lasting cancer prevention for boys and girls.
- The only way to prevent HPV with 100% efficacy is to avoid all sexual activity.