



What **YOU** Need to Know About HPV

What is Human Papillomavirus (HPV)?

HPV or human papillomavirus is the most common sexually transmitted infection (STI) in the world.

Most people who are sexually active will get HPV at least once in their lifetime.

HPV can cause genital warts and cancers but there is a vaccine that prevents these problems from happening.

How is HPV spread?

You can get HPV by having penis-vagina sex, penis-anal sex, or oral sex with a person who has HPV.

Most people who have HPV don't have symptoms and don't know they have HPV.

HPV can be passed between partners during sexual activity.

What happens if you get HPV?

People with HPV usually don't have any signs or symptoms of the infection.

Usually HPV gradually goes away by itself.

Sometimes HPV does not go away and can cause health problems.

There are over 100 different types of HPV

HPV and Cancer

Some types of HPV can cause cancer in the following parts of the body:

- Cervix
- Anus
- Vagina/Vulva
- Penis
- Throat, base of the tongue, tonsils (called oropharyngeal cancer)

HPV and Genital Warts

Some types of HPV can cause warts.

The warts form in the genital area including on and around the vagina, penis, and anus.

Genital warts can be treated by a doctor and will go away but a person may need to be treated several times before the warts go away completely.

How can you reduce your risk of getting HPV?

HPV Vaccine

There is a vaccine available that will protect you against the most common types of HPV that cause cancer and genital warts. Canada's National Advisory Committee on Immunization recommends that all young people get the HPV vaccine.

Boys/men and girls/women can get the HPV vaccine



Have you received the HPV vaccine yet?

If not, ask your school nurse or doctor for information about how to get the vaccine.

Condoms

The consistent use of latex condoms for vaginal, oral, and anal sex can reduce – but not completely eliminate – your risk of HPV infection.

Condoms may not protect you completely because HPV can be transmitted through skin-to-skin contact with areas that are not covered by condoms.

Cervical Screening

Routine screening using a Pap test is necessary to find cervical cancer before any symptoms develop.

Where can you get more information about HPV and the HPV vaccine?

Spread the Word, Not the Disease: The Facts on the Human Papillomavirus from Canada's Experts.

<http://hpvinfo.ca>

Society of Obstetricians and Gynaecologists of Canada (SOGC).



GET THE FACTS

THE HUMAN PAPILLOMAVIRUS (HPV)

THE SOCIETY OF OBSTETRICIANS AND GYNAECOLOGISTS OF CANADA