

## Information on the Human Papillomavirus (HPV)

### What is HPV?

It is the most common sexually transmitted virus in Spain, and can cause serious health problems, such as cancers in both sexes and genital warts.

### Why is it necessary to be vaccinated against HPV?

Prevention is essential. The vaccine is safe and effective in preventing HPV infection as well as the complications it may cause—not only in women but also in men—such as the development of cancers in the genital area or in other locations (oropharynx, larynx, etc.), and the occurrence of precancerous lesions and genital warts, with a protection level exceeding 90%.

### Who should be vaccinated against HPV?

Vaccination is effective especially if infection has not yet occurred and this can only be ensured when sexual relationships have not yet begun. For this reason, it is adolescents, who benefit most from the preventive effects of the vaccine.

### Why has HPV vaccination been changed to a single dose?

A single dose of HPV vaccine has shown to protect healthy people up to the age of 25 years, a strategy that is already followed in other countries. However, people with defence problems (congenital or due to treatment), regardless of the age at which they start the vaccine, will always have to receive 3 doses. For more information: <https://www.murciasalud.es/web/vacunacion/-/vacunaci%C3%B3n-frente-al-virus-del-papiloma-humano-vph-en-grupos-de-riesgo>.

### What are the risks of these vaccines?

The HPV vaccine has been used worldwide for more than 20 years and hundred million doses have been administered. Throughout this time, it has proven to be very safe.

This vaccine can cause adverse reactions, but they are usually mild and disappear within a few hours. These reactions are:

- Reactions in the arm where the vaccine was administered, such as soreness, redness and swelling.
- Febrile in one in ten children.
- Headache in one in three people.
- Dizziness due to the injection, but not due to the contents of the vaccine.

### What to do in case of a reaction?

- For swelling of the arm, local cold and anti-inflammatory drugs (ibuprofen) are recommended.
  - For fever: acetaminophen or ibuprofen.
  - To avoid dizziness: remain seated for about 15 minutes after receiving the vaccine.
- Consult your doctor if these reactions increase in intensity or last longer than usual.

### Where can I get more information?

At your Health Care Centre or at the Vaccination Programme telephone numbers: 968 362249, 968 366881, by e-mail: [vacunas@carm.es](mailto:vacunas@carm.es) and at <https://www.murciasalud.es/web/vacunacion/-/vacunacion-escolar-meningococo-vph>.

You can consult the data protection policy at: <https://www.murciasalud.es/web/vacunacion/proteccion-de-datos>