

Information on the Human Papillomavirus (HPV) and ACWY Meningococcal vaccines

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 and the complications it can cause, both in women and men, such as the appearance of cancers in the genital area as well as other locations (oropharynx, larynx, etc.) and the development of precancerous lesions and genital warts, with a level of protection of over 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 pre-adolescents and adolescents, both boys and girls, 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>.

Why is it necessary to be vaccinated against ACWY Meningococcal?

The diseases caused by Meningococcus serogroups A, C, W and Y (meningitis, sepsis, etc.) are very serious and can even cause death. These diseases are spread from person to person. The peak periods of incidence are the extreme ages of life. However, in adolescence there is a high risk of meningitis, as well as a higher rate of people who can carry the germ and transmit it without having the disease.

Who should be vaccinated against ACWY Meningococcal?

Schoolers of both sexes born in 2014 should receive the vaccine. Those who have not received a dose of this vaccine from the age of 10 years.

What are the risks of these vaccines?

The HPV vaccine has been used worldwide for more than 15 years and more than 280 million doses have been administered. Throughout this time, it has proven to be very safe.

Either vaccine (HPV and ACWY Meningococcal) 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 and at <https://www.murciasalud.es/web/vacunacion/-/vacunacion-escolar-meningococo-vph>.