

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

### What is HPV?

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

Most people have no symptoms. However, some specific types of this virus, when they remain in the body for many years (20-30), can cause a malignant tumour.

### Why is it necessary to get vaccinated for HPV?

Prevention is essential. The vaccine is safe and effective in the preventing HPV infection as well as against the complications that it can cause, both in women and in men. These complications include the appearance of cancers of the genital area as well as other locations (oropharynx, larynx, etc.) and the development of precancerous lesions and genital warts. The vaccine offers a level of protection of over 90%.

### Who should you get vaccinated for HPV?

Vaccination is effective especially if infection has not yet occurred and this can only be guaranteed before first sexual intercourse. For this reason, it is pre-teens and teenagers, both boys and girls, who benefit the most from the preventive effects of the vaccine.

### Why is it necessary to get vaccinated for meningococcal ACWY?

The diseases caused by ACWY Meningococcus (meningitis, sepsis etc.) are very serious and can even cause death. These diseases are spread from one person to another. The periods of peak incidence are at the extreme ages of life, including children under 5 years of age. However, the highest rate of people who can carry the germ and transmit it without having the disease is in adolescence.

### Who should get vaccinated for meningococcal ACWY?

Schoolchildren of both sexes born in 2012 should get vaccinated. Anyone who has not received a dose of this vaccine above the age of 10.

### What are the risks of these vaccines?

The HPV vaccine has been applied worldwide for over 15 years and over 280 million doses have been administered. For that time it has proven to be very safe.

Either vaccine (HPV and Meningococcal ACWY) 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 given, such as pain, redness, and swelling.
- Mild fever in one in ten girls
- Headache in one in three people.
- Dizziness due to the injection, but not the contents of the vaccine.

**What to do in the event of a reaction?**

- Cold compress at the site and anti-inflammatory medicines (ibuprofen) are recommended for arm swelling.
- For the mild fever: paracetamol or ibuprofen.
- To prevent dizziness: remain seated for about 15 minutes after receiving the vaccine. Consult a doctor if these reactions get worse or last longer than usual.

**Where can I get further information?**

At your Health Centre or by calling the Vaccination Programme telephone numbers: 968 362249, 968 366881, at e-mail: [vacunas@carm.es](mailto:vacunas@carm.es) and at [www.murciasalud.es/web/vacunacion/-/vacunacionescolar](http://www.murciasalud.es/web/vacunacion/-/vacunacionescolar)