HPV vaccine
Help protect yourself against cervical cancer

Easy Read 2018 edition

👍 This leaflet has a few difficult words and ideas in it
We have made this leaflet as accessible as possible. There are still some difficult ideas in it. You might need to ask a friend, family member, carer or health professional to help you read this booklet.

Leaflets with the green thumbs up symbol on the cover have a small number of difficult words and ideas in them.

Leaflets with the orange thumbs up symbol on the cover have a few difficult words and ideas in them.

Leaflets with the red thumbs down symbol on the cover have quite a lot of difficult words and ideas in them.

If you see the symbol on the left it means there is a difficult medical word. This is a word that you might hear when you visit your doctor. You might also see it on letters and leaflets you get from your doctor.
Immunisation and immunised. This means a treatment that helps to stop people catching a disease.

What is immunisation?
Immunisation is a way of protecting people against serious diseases. A person is given a vaccine so they will not catch diseases.

What is a vaccine?
A vaccine is given when a small part of the disease is injected into the upper arm.

Your body fights this disease and your body knows the disease and can fight it in the future.

Nobody likes injections, but it is very quick. The needles used are small. If you are nervous about having the injection, tell the nurse or doctor before you have it.
**Virus.** This is what we call the tiny bugs that can cause illnesses like flu.

**Cancer.** This is a very serious disease that can kill.

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**Cervical cancer**

Cervical cancer is a type of cancer that develops in the cervix, which is the name for the entrance to the womb.

Cervical cancer is caused by a virus called human papillomavirus (HPV).

Cervical cancer can be serious, and can lead to death.

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**What is HPV and how does it spread?**

The HPV virus is very common and you can catch it by having sex with someone who has it.

It is so common that most people will have it at some point in their lives and not know they have it. It does not make them feel ill.
The vaccine

- The vaccine protects against the viruses that cause cervical cancer.
- The vaccine works best if you have it when you are young.
- It is important to have all the jags as soon as they are offered at secondary school.
- The vaccine does not protect you from other kinds of infections, so you will still need a cervical smear test, when you reach 25 years of age.

Having the immunisation

Immune system. This is what we call a person’s natural ability to fight off illness and disease.

You only need two jags if you get one of them before you turn 15 years old.

The second jag six months after the first jag.
If you receive your first jag after you turn 15 years old, you will need three jags.

The second jag one month after the first jag.

The third jag three months after the second jag.

If your immune system is weakened due to any disease or treatment you will also need to have three jags.

Your school will tell you when you are going to have your immunisation.
The nurse will give you the injection in your upper arm.
Consent. This means saying that you want something to happen to you, like having a vaccine.

Consent
You should have been given a consent form with this booklet.

You should talk about the information in this booklet with your parent or carer before you agree to have the immunisation.

Once you have decided that you should have the virus, your parent or carer should sign the consent form and return it to school.

It is best if your parent or carer agrees that you should be immunised. But you can still have the immunisation even if they do not want you to. If you have any questions about having the immunisation, talk to your nurse or doctor.
Side effects

It is common to have some mild side effects after the injection.

You might have some soreness, swelling, redness or itching on your arm where you get the injection.

Some people might also have the following side effects:

- headache
- feeling sick
- having a high temperature (over 37.5°C)
If you feel unwell after the injection, tell your parent or carer, talk to your doctor or call NHS 24 on 111.

Remember, never give medicines that contain aspirin to children under 16.

If you miss your immunisation

It is important that you have all the injections needed to get the best protection.

If you miss the immunisation in school, you will be called back for the next one.

The most important thing is to have all the injections you need – it is never too late to catch up.

Do boys get the vaccine?

At the moment boys do not get the vaccine.

Boys will be given vaccine in the future.
Where can I get more information?

For more information about HPV and cervical cancer visit:

www.immunisationscotland.org.uk/hpv

Or call the NHS inform helpline:

0800 22 44 88
(textphone: 18001 0800 22 44 88)

Helpline is open every day and also provides a translation service.

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www.healthscotland.com

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