

## Frequently Asked Questions

### Are HPV vaccines safe?

Yes. Hundreds of millions of doses of HPV vaccines have been administered to patients around the world, and many large studies have shown that the vaccine is both safe and effective. Minor reactions such as redness or swelling at the injection site, soreness in the arm, headaches and fever have been known to occur. If you have concerns, discuss them with your doctor. In very rare cases, side effects can occur. However, the benefits of receiving the vaccine far outweigh the risks of serious effects.

### Do women still need a Pap test if they have been vaccinated?

Yes, all women over the age of 21 should receive a screening Pap test every three years.

### Can I get my flu shot at the same time as My HPV vaccine?

Most vaccines can be given safely on the same day. If you wish to receive other vaccinations during your visit, such as a flu shot, your physician will ensure that there are no contraindications.



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### Learn About HPV Treatment Today


HPV consultation and vaccination are available by appointment or by walk-in.



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## Human Papillomavirus (HPV) Vaccination

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Everything You Need to  
Know about HPV

# HPV Vaccination

## What is the Human Papillomavirus (HPV)?

The human papillomavirus is one of the most common sexually transmitted infections (STIs) in Canada and around the world.

At least 70% of sexually active women and men will have at least one HPV infection in their lifetime, and approximately three to nine million Canadians are currently infected with HPV.

## How is HPV Transmitted?

HPV infection occurs when the virus enters the body through a cut, abrasion or small tear in the outer layer of the skin. HPV can infect anyone who has ever had a sexual encounter, even without penetration.

The most common transmission is by skin-to-skin contact with the penis, scrotum, vagina, vulva or anus of an infected person. Kissing or touching a partner's genitals with the mouth can also transmit HPV. In rare cases, a mother with an HPV infection may transmit the virus to her infant during delivery.

## Is HPV Preventable?

HPV infection is preventable through vaccination, and all Appletree clinics carry the HPV vaccine. The Society of Gynecologic Oncology of Canada recommends universal vaccination in Canada.

## How Many Shots Are Needed?

HPV prevention consists of a series of 3 shots. Depending on the vaccine chosen, the schedule is either 0, 1 and 6 months, or 0, 2 and 6 months. You will be booked an appointment to receive your second and third doses, so that you receive reminders to come in to complete the vaccination series.

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## Do I Need a Referral?

If you are interested in being vaccinated against HPV, no referral is necessary. Come in to any Appletree Medical Centre to consult with a physician and discuss HPV vaccines.

## What To Expect



### Book Your Appointment

Book your appointment online, by phone or visit us via walk-in. HPV vaccination is available at all Appletree Medical Centres.



### During the Appointment

Your physician will discuss the risks and benefits of the vaccine. After the vaccination, you will wait in the clinic for 15 minutes before leaving to be monitored.



### After Your Appointment

After your initial appointment, you will be required to schedule two follow-up visits to complete the vaccine series. Vaccination records will be available on our secure Appletree Patient Portal.

## Discuss HPV Treatment



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