



North East London
Cancer Alliance



STOP HPV. PROTECT YOURSELF.

Get Vaccinated

WWW.NELCANCERALLIANCE.NHS.UK/HPV-VACCINE



What is HPV?

HPV (Human Papillomavirus) is a super common virus. Most people get it at some point, though usually, it doesn't cause any problems and goes away on its own. Most people will not realise that they have it. But some types of HPV can lead to things like genital warts or even cancer later on (like cervical, mouth, throat, penile, vulval, vaginal or anal cancer).

How is it spread?

The virus is spread through close, skin-to-skin contact, primarily during sexual activity. It is transmitted when the virus is passed from one person's skin to another's.

How do you protect yourself?

Get the HPV vaccine – It's safe, effective, and available free from your GP if you're 25 and under. Just one injection protects against the most harmful types of HPV, including the ones that can cause cancer.

Are There Side Effects?

Most people have:

- A sore arm for a day or two
- Mild fever or headache
- Feeling a bit tired

Serious side effects?

Serious allergic reactions are super rare - only about 2 people per million doses. But if you're worried, ask your GP.

Why should you care?

The HPV vaccine is helping us eliminate cervical cancer in London by 2030 - a historic first. By getting vaccinated, you're protecting yourself, helping stop HPV-related cancers, and being part of something incredible.

Want to Know More?

Visit NEL CA website

www.nelcanceralliance.nhs.uk/hpv-vaccine

Talk to your GP

You may still be eligible. If you're 16-25 and missed it at school, it's not too late!

Take Action Today!

- Book an appointment with your GP
- Ask about the HPV vaccine
- Protect yourself and others

