

PREPARING FOR YOUR CHILD'S VACCINE VISIT: HPV VACCINE



BEFORE THE VISIT

A little research before your child's vaccine visit can go a long way to reducing your, and their, stress and concerns. Credible information helps ensure healthy choices and builds vaccine confidence.

What you need to know about HPV

There are more than 200 types of human papillomavirus (HPV) – 40 of them can cause infections of the genital area, mouth, and throat. Genital HPV infections are very common. Most people (80%) who are sexually active will get HPV at some point in their lives. About 14 million Americans, including teens, become infected with HPV each year.

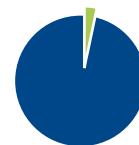
Why to give your child the HPV vaccine on time

- **Better protection:** 11 -12-year olds have a stronger immune response to the HPV vaccine than teens who are vaccinated later.
- **Easier to complete the series:** There are more chances to vaccinate (and complete the vaccine series) since doctors tend to see pre-teens more than teens for well visits.
- **Lower risk of exposure:** The HPV vaccine only works if the series is complete BEFORE a person is infected, and almost no 9 -12-year olds have HPV.
- **More effective:** Early vaccination prevents significantly more pre-cancer than later vaccination.

Fast facts about the HPV vaccine




HPV Vaccine is a 2-dose vaccine. If your child gets the vaccine late, they may need 3 doses.




HPV vaccine is 99% effective at preventing HPV-type pre-cancers linked to 70% of cervical cancers.

DURING THE VISIT



Spray Away. Ask for a cooling spray or pain-relieving ointment, which is applied on your child's arm right before vaccination. Tell your provider you want this **before** the visit so they are ready for you.



Stay seated. Some people, particularly teenagers, can get dizzy after vaccination. It's a good idea to have your teen stay in their seat for a few minutes after getting their vaccine just to make sure they are not dizzy or feeling faint.

A little planning can make a big difference in helping your child have a stress-free vaccination visit.



Congratulations for protecting your child's health and future!

We know making the best health decisions for your child can sometimes be overwhelming. We here for you. If you need more information please visit www.VoicesForVaccines.org.

WHAT TO EXPECT AFTER VACCINATION

Understanding normal immune responses vs. serious adverse events

Normal immune responses (sometimes called side effects) are how you know a vaccine is doing its job: your baby's immune system is recognizing an "invader" and preparing to fight it. But with a vaccine, it's a practice exercise and not the real thing so the immune response will usually be mild and go away on its own in a few days. Some normal immune responses for the HPV vaccine include:



Soreness where the vaccine was given



Dizziness or Fainting



Headache



Redness or swelling around the area where the vaccine was given



Nausea

Serious Adverse Events

Serious issues are very rare (about 1 in 1 million) and include allergic reactions like:

- hives
- swelling of the face and throat
- difficulty breathing
- a fast heartbeat
- dizziness
- weakness



Unlike a rash, hives are usually raised and "blotchy" with less defined edges.

How to treat normal immune responses

The best way to treat normal immune responses to vaccination include:

- 1) Apply a cold compress to the injection site for redness and swelling.
- 2) Give your child a pain reliever (analgesic) like Motrin® or Tylenol® or equivalent generic. Call your healthcare provider for dosage.

When to call your healthcare provider

Severe allergic reactions occur within seconds or minutes so in the extremely rare case that your child has a serious reaction, you will likely still be in the doctor's office. But more mild allergic reactions can happen several hours after vaccination (and rarely up to 24 hours later). If you notice an allergic reaction, you should contact your healthcare provider immediately.

Normal immune responses will usually go away within a week of vaccination. But if you are concerned, you should call your healthcare provider.

Questions for your healthcare provider

Post-vaccine notes
