Where can I get an HPV vaccine?
• You can get a vaccine from a clinician (contact information for PPT’s clinic for youth is below). They will write a prescription for you. You take that prescription to the pharmacy, purchase the vaccine, and bring it back to your clinician to receive the injection. You will do this a total of 3 times, once per shot.
• If you are not going directly from the pharmacy back to your clinician to get the vaccine injected, talk to the pharmacist about how to store the vaccine properly.
• The Bay Centre for Birth Control has an HPV vaccine clinic every Tuesday afternoon where you can buy and receive either HPV vaccine. Call 416-351-3700 to book an appointment.

Remember
• If you have a cervix, you still need annual Pap tests even if you get an HPV vaccine.
• The vaccine does not protect you from other STIs or the strains of HPV not covered by the vaccine.
• Make informed decisions. Talk to your partner(s) about STIs and the use of safer sex tools.
• Use condoms on penises or dildos for vaginal or anal sex, use latex gloves for finger play and use condoms/dams for oral sex to lower your chances of getting STIs.

For further information or to book an appointment:

For youth ages 13-29 - Planned Parenthood Toronto Health Services
Offers drop-in and scheduled appointments
Call 416-961-0113 or visit www.ppt.on.ca.

Teen Health Source
Offers anonymous and confidential sexual health information for teens by teens. MSN chat and email TeenHealthSource@ppt.on.ca, call 416-961-3200, text 647-933-5399 or visit www.TeenHealthSource.com.

For women - Bay Centre for Birth Control
Offers drop-in and scheduled appointments
Call 416-351-3700

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How can you get tested for HPV?
- There is no special test for low-risk HPV (warts). A clinician can tell if you have warts by looking at any bumps you may have in and around your genitals and anus.
- A Pap test involves a small brush that sweeps the cervix to collect a sample of cells. The cells are then examined to see if there are any changes likely caused by high-risk HPV.
- There is currently no test that detects changes in the cells, caused by HPV, inside the anus, penis, mouth, or throat.

What is the vaccine?
- There are 2 HPV vaccines available in Canada:
  - **Gardasil**: this vaccine offers over 98% protection against the 4 most common strains of HPV: 2 low-risk strains (that can cause genital warts) and 2 high-risk strains (that can lead to cervical and other cancers.)
  - **Cervarix**: this vaccine offers over 98% protection against the 2 most common strains of high-risk HPV (that can lead to cervical and other cancers.) It does not offer protection against any strains that cause genital warts.
- Both vaccines trigger your immune system’s response to the virus. The vaccines do not give you an HPV infection.
- Both vaccines are given by injection, usually in the upper arm.
- A series of 3 shots are given. For Gardasil, one shot immediately, one shot 2 months later and then a final shot 4 months after that.
  - For Cervarix, the schedule is: one shot immediately, one shot one month later and then a final shot 5 months after that.
- You must have all 3 shots of the same vaccine for it to be effective. If you miss a dose, talk to your clinician - you can probably get your remaining doses without having to start over.
- Studies show that the vaccines last for at least 5 years.
- The most common side effects of getting an HPV vaccine are a sore arm and redness or swelling at the site of injection.
- Less common side effects are fever, nausea, stomach upset and fainting shortly after the injection. The likelihood of having side effects is lower than with most other vaccines.
- No serious or life-threatening side effects of the vaccines have been documented.

Who can get an HPV vaccine?
- In Canada, the Gardasil vaccine is approved for girls/women** 9-45 years of age and boys/men** 9-26 years of age.
- The Cervarix vaccine is approved for girls/women 10-25 years of age.
- If you are interested in a vaccine but you don’t fit these categories, talk to your clinician.
- In Ontario, Grade 8 girls IN SCHOOL ONLY are offered the Gardasil vaccine free of charge (the cost is covered by OHIP).
- For everyone else, the cost of the Gardasil vaccine is approximately $150 per dose, plus dispensing fees and taxes (just under $500 total for all 3 shots). Cervarix is approximately $90 per dose, plus dispensing fees and taxes (just under $350 for all 3 shots). You can only purchase one dose at a time.
- Both vaccines are covered by many insurance plans. To check, you will need the DIN (drug identification number). The DIN for Cervarix is: 02342227 and the DIN for Gardasil is: 02283190.

Should I get an HPV vaccine?
- It is important that you make your decision based on good information and according to your own values.
- The best time to get the vaccine is before you’ve become sexually active. However, the vaccine is still useful for people who are already sexually active. The likelihood that someone who is sexually active has already had all of the strains of HPV that either of the vaccines prevent is approximately 1/1000.
- Do not get the vaccines if you are or may be pregnant.
- The plunger used with Cervarix contains latex and may not be suitable for anyone with a latex allergy. Gardasil is latex-free.

**the terms men/women/boys/girls refer to physical sex not gender identity.