

PARENTAL CONSENT IS REQUIRED FOR VACCINATION

Young people aged 12-18 are vaccinated free of charge. Vaccination usually takes place at school, and the school nurse asks for consent from the parent of the minor child. In justified cases, vaccination can also take place at a family doctor.

HPV threatens both men and women.

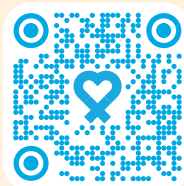
Most people are infected by the virus during their lifetime.

Some types of the virus can cause cancer in men and women.

Each year more than 300 people in Estonia are diagnosed with cancer caused by HPV.

Getting vaccinated against HPV is a simple and safe way of preventing disease.

Vaccination is free for boys and girls aged 12-18.



More information:
vaktsineeri.ee

PROTECT YOUR CHILD!

Vaccination against HPV helps prevent diseases and cancers caused by the virus



TERVISEAMET

TERVISEKASSA 

MORE THAN 80% OF PEOPLE BECOME INFECTED WITH HPV DURING THEIR LIFETIME

Human papillomavirus (HPV) is a widespread virus. Most unvaccinated people become infected with the virus at some point in their lives, often without knowing it.

Most types of the virus cause benign changes on the skin (e.g. warts) and mucous membranes (e.g. genital warts). However, some types of HPV **can cause cancer** in the genital area or oral cavity in men and women.

IT'S EASY TO GET INFECTED

HPV infection is widespread in Estonia. It is spread from person to person through skin-to-skin contact or a mucous membrane contact. Virus is transmitted during sexual intercourse, but just intimate touches are also sufficient.

In most cases, a person's immune system can overcome the virus within a few months or a few years. Some people do not manage to get rid of the virus and may develop cancer in the future.

VACCINATION PROTECTS AGAINST DISEASE

Vaccination against HPV prevents up to **90% of cancers** caused by HPV and provides long-term protection against the disease. The vaccine Gardasil 9, which is offered for free in Estonia, protects against the **nine types of HPV** that are most likely to cause cancer and genital warts.

Vaccines against HPV have been in use for almost 20 years. The experience of other countries with HPV vaccination has shown that when an adequate level of vaccination is achieved, the occurrence of HPV infection and the diseases caused by it **decreases significantly** in the entire population.

BOYS CAN NOW ALSO BE VACCINATED AGAINST HPV FOR FREE

Studies show that HPV infection occurs in **both men and women**. In Estonia, free vaccinations have been available to 12-14-year-old girls since 2018. Now the HPV vaccine is **also free for boys**. Vaccination is most effective before exposure to the virus, i.e. at the age of **12–14 years**, but vaccination can also be effective at a later age. Therefore, free vaccination is also provided to girls and boys **aged 15–18** who have not been vaccinated before.

THE HPV VACCINE IS SAFE AND EFFECTIVE

HPV vaccination is administered in Estonia **with one dose**. Based on the latest research, a single dose is enough to provide **long-term protection** against HPV infection and the cancers it causes. The vaccine is injected into the muscle of the upper arm.

The HPV vaccine is safe - the **most common side effects are mild**, such as pain, redness and swelling at the injection site. Less commonly, fever, headache and muscle aches may occur, which usually pass within a few days.

If you have a fever or headache, you can take paracetamol or ibuprofen to relieve the symptoms. If the symptoms last longer than a few days or become more severe over time, the school nurse or family doctor should be informed.

