

TOWNSHIP OF BYRAM BOARD OF EDUCATION  
12 Mansfield Drive - Stanhope, New Jersey 07874

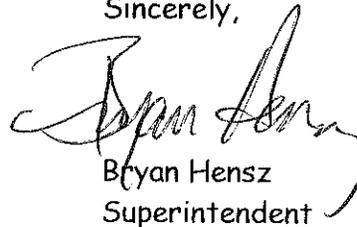
September Memo

Dear Parents/Guardians of Seventh Grade:

In accordance with N.J.S.A. 18A:40-42, the New Jersey Department of Health and Senior Services has developed the attached educational fact sheets about the Human Papillomavirus (HPV). Public school districts are required to distribute the fact sheet to parents or guardians of students in seventh grade.

Should you have any additional questions about the human papillomavirus, please direct them to the New Jersey Department of Health and Senior Services.

Sincerely,



Bryan Hensz  
Superintendent

BH/grb

# HPV VACCINE: INFORMATION FOR PARENTS

**As parents, you do everything you can to protect your children's health now and for the future. Did you know that you can protect them from several types of cancer with HPV vaccination?**

## What is human papillomavirus (HPV)?

Human papillomavirus (pap-ah-LO-mah -VYE-rus), or HPV, is a group of common viruses that affect both boys and girls. HPV can cause anal and mouth/throat cancers. It can also cause cancer in the cervix, vulva, and vagina in women; and cancer of the penis in men. Different types of HPV can cause genital warts.



## What are the symptoms?

Even though most people do not show any symptoms, HPV can still be spread through contact during any type of sexual activity with an infected person.

Most people will be infected at some point in their lives. HPV infection is most common during the late teens and early 20s.

- ◆ About **79 million** Americans are currently infected with HPV.
- ◆ About **14 million** people become infected each year.

## Is there a cure?

There is no cure for HPV, but there are ways to treat the health problems caused by HPV such as genital warts and certain cancers. Most infections will clear on their own, but there is no way to know which people will develop cancer or other health problems. **Prevention is better than treatment.**

## How can HPV be prevented?

HPV vaccination is a series of shots given over several months. Completing the vaccination series is important to ensure maximum protection against cancers caused by HPV infection. Over **90%** of cancers caused by HPV are preventable through HPV vaccination. It also protects against the HPV types that cause most genital warts.

## Is HPV vaccine safe?



The vaccine is very safe. Side effects are generally mild and may include a sore arm, fever, and headache.

## What if we can't afford the vaccine?

Families who need help paying for vaccines should ask their healthcare provider about the Vaccines for Children (VFC) program. The VFC program provides vaccines to uninsured and underinsured children younger than 19 years old. Parents may have to pay administration and office visit fees. For more information, contact the NJ VFC at (609) 826-4862.

## Who should get HPV vaccine?

The vaccine is recommended for 11 to 12-year-old boys and girls because:

- ◆ The immune response to the HPV vaccine is better in preteens.
- ◆ Your child should be completely vaccinated before they are exposed to the virus.

Catch-up vaccination can be given at ages 13 through 26. The most important thing is for all preteens to complete the HPV vaccine series. Teens and young adults who haven't started or finished the HPV vaccine series should make an appointment today to get vaccinated.

Pregnant women and anyone who has ever had a life-threatening allergic reaction to any component of the vaccine or to a previous dose should not receive the vaccine.

## Where can I get more information?

- ◆ **Your healthcare provider**
- ◆ **New Jersey Department of Health**  
[www.nj.gov/health/cd/vpdp.shtml](http://www.nj.gov/health/cd/vpdp.shtml)
- ◆ **Centers for Disease Control and Prevention**  
[www.cdc.gov/hpv](http://www.cdc.gov/hpv)
- ◆ **Vaccines for Children (VFC) Program**  
[www.cdc.gov/vaccines/programs/vfc/parents/qa-flyer.pdf](http://www.cdc.gov/vaccines/programs/vfc/parents/qa-flyer.pdf)



## Frequently Asked Questions

### What is human papillomavirus (HPV)?

Human papillomavirus (pap-ah-LO-mah-VYE-rus) (HPV) is a common virus that is passed from one person to another through direct skin-to-skin contact during any type of sexual activity. There are more than 40 HPV types that can infect the genital areas of males and females. Most HPV types cause no symptoms and go away on their own. But some types can cause cervical cancer in women and other less common cancers — like cancers of the anus, penis, vagina, and vulva and oropharynx. Every year in the United States, HPV causes 30,700 cancers in men and women.

### How common is HPV?

HPV is the most common sexually transmitted infection in the United States. At least half of sexually active people will get HPV at some point in their lives. Most people never know that they have been infected and may give HPV to a sex partner without knowing it. About 79 million Americans are currently infected with some type of HPV. About 14 million people in the United States become newly infected each year. HPV is most common in people in their late teens and early 20s.

### How can HPV be prevented?

The HPV vaccine protects against most genital warts and HPV-associated cancers, such as cervical cancers in females.

### Who should get the HPV vaccine?

The CDC and the NJDOH recommend the HPV vaccine for all 11-12 year old girls and boys. The vaccination series can be started as early as 9 years. The vaccine is also recommended for 13-26 year old females and 13-21 year-old males who have not yet received or completed the full series of shots. It may be considered for males 22-26 years.

The vaccine should also be considered for the following people if they were not vaccinated when they were younger: young men who have sex with men, including young men who identify as gay or bisexual or who intend to have sex with men through age 26; young adults who are transgender through age 26; and young adults with certain immunocompromising conditions (including HIV) through age 26.

### How is the HPV vaccine administered?

If started *before* age 15, the HPV vaccine series is given in two doses. The second dose should be given 6-12 months after the first dose. Teens and young adults who start the series later, at ages 15 through 26 years, need three doses of HPV vaccine to protect against cancer-causing HPV infection.

## **What are side effects of the HPV vaccine?**

The HPV vaccine does not appear to have serious side effects. Common side effects may include pain, redness, swelling or itching at the injection site, headache, and nausea.

## **Who should not get the HPV vaccine?**

People who have had a severe allergic reaction to any component of HPV vaccine, or to an earlier dose of HPV vaccine should not get the HPV vaccine. People who are moderately or severely ill should wait until they recover before getting the vaccine. Pregnant girls/women should not get the vaccine. If a girl/woman finds out that she is pregnant after she has started the vaccine series, she should wait until after her pregnancy before finishing the vaccine series. Pregnancy testing is not needed before vaccination. If a vaccine dose has been administered during pregnancy, no intervention is needed.

## **How well does HPV vaccine work?**

HPV vaccines work extremely well. The vaccine targets the HPV types that most commonly cause cervical cancer and can cause some cancers of the vulva, vagina, anus, and oropharynx. Clinical trials showed HPV vaccines provide close to 100% protection against cervical precancers and genital warts. Since the first HPV vaccine was recommended in 2006, there has been a 64% reduction in vaccine-type HPV infections among teen girls in the United States. Studies have shown that fewer teens are getting genital warts and cervical precancers are decreasing.

## **Does the vaccine protect against all types of HPV?**

The vaccine does not protect against all types of HPV and it will not prevent all cases of cervical cancer, anal cancer, oropharyngeal cancers, or genital warts. The HPV vaccine does not treat existing HPV infections or HPV-associated diseases. It is important to continue getting screened for cancers (e.g., regular Pap tests).

## **Is the HPV vaccine safe?**

The United States currently has the safest, most effective vaccine supply in history. Years of testing are required by law to ensure the safety of vaccines before they are made available for use in the United States. Once the vaccine is in use, CDC and the Food and Drug Administration (FDA) monitor any associated side effects or possible side effects (adverse events) through the Vaccine Adverse Event Reporting System (VAERS) and other vaccine safety systems.

## **Where can I get more information?**

- Your healthcare provider
- Your local health department: <http://localhealth.nj.gov>
- New Jersey Department of Health website: <http://nj.gov/health/cd>
- Protect Me With 3+: [www.protectmewith3.com](http://www.protectmewith3.com)
- Centers for Disease Control and Prevention HPV website: [www.cdc.gov/hpv](http://www.cdc.gov/hpv)
- CDC-INFO Contact Center at:
  - English and Spanish (800) CDC-INFO
  - TTY: (888) 232-6348

*This information is intended for educational purposes only and is not intended to replace consultation with a healthcare professional.*