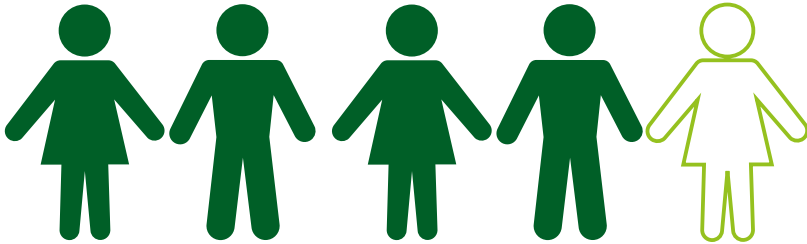


# Helping protect you from HPV

Know the facts about the HPV virus and vaccination

保护您远离人乳头瘤病毒 (HPV)  
了解人乳头瘤病毒 (HPV) 及疫苗的相关知识



4 out of 5 people will  
come into contact with HPV\*

# Expert advice and services for your peace of mind

We want to help look after you and your family's health and wellbeing.

4 out of 5 people will come into contact with at least one type of the HPV virus at some point in their lives<sup>1</sup>. However, there are ways to protect yourself against HPV, including getting the vaccination.

Here's everything you need to know about our vaccination. From what is HPV to who is eligible for the vaccination, we can help protect you.

专家意见及服务，让您安心放心  
我们致力于保护您与家人的身心健康。

据调查，每五个人中就有四人会在生活不同阶段接触到至少一种人乳头瘤病毒(HPV)<sup>1</sup>。不过，有各种方法保护您免受人乳头瘤病毒(HPV)感染，接种疫苗就是方法之一。

以下是关于此疫苗的各种信息，包括人乳头瘤病毒(HPV)的基本介绍，到疫苗免费接种资格。我们在此守护您的健康。

## What is HPV (Human Papillomavirus)?

There are over  
**100** varieties of Human Papillomavirus, more commonly known as HPV.

According to the NHS, it is a common virus that is mostly harmless. However, some forms of HPV infection can cause genital warts and abnormal cells and are linked to cervical cancer and other cancers.

### 什么是人乳头瘤病毒(HPV)？

目前已知的有超过100种人乳头瘤病毒(HPV)。根据英国国家医疗服务系(NHS)的信息，人乳头瘤病毒(HPV)是一种常见病毒，大部分无害。但是，有一些人乳头瘤病毒(HPV)的感染可能引起尖锐湿疣和变异细胞，可能导致宫颈癌等其他癌症。

### How is HPV transmitted?

HPV is a sexually transmitted infection (STI). This means that you can get HPV by having intimate sexual contact with someone who has the virus.

It can be passed on even when an infected person shows no signs or symptoms and symptoms can often take years to develop.

### 人乳头瘤病毒(HPV)是如何传播的？

人乳头瘤病毒(HPV)是一种性传播感染疾病(STI)。病毒可以通过性行为传播。

受感染的人群可能没有任何临床症状，病毒却依然可以被传播。有时候，临床症状需要很多年才会显现。

### How can I protect myself?

Unfortunately, there is no way to fully protect yourself from HPV. However, there are things that you can do to help yourself:

- Wearing condoms when you have sex helps protect you, but because they do not cover the skin around the genitals, you won't be fully protected.
- Having the HPV vaccine will help protect you against the types of HPV that cause the most cases of genital warts, cervical cancer and some other cancers.

### 我该如何保护自己？

目前还没有任何方法可以完全杜绝人乳头瘤病毒(HPV)。但是，以下方法可以帮助您保护自己：

- 在进行性行为时使用避孕套可以帮助保护您。不过，由于避孕套无法覆盖生殖器周边皮肤，并不能完全杜绝传染风险。
- 接种疫苗可以帮助你预防引起大部分尖锐湿疣、宫颈癌及其他癌症的人乳头瘤病毒(HPV)。

# About the HPV vaccine

The HPV vaccine has been offered in schools to girls aged 12–13 years since 2008. From September 2019 the vaccine has also been offered to boys aged 12–13.

This means that all boys and girls in school year 8 will be offered the vaccine. However, boys above this age will have missed out on the chance to receive the vaccine in school.

For any girls who missed their vaccination in school, it is available on the NHS up until their 25th birthday.

The NHS vaccination offers protection against 4 types of HPV.

自2008年以来，12-13岁的在校女学生可以免费接种人乳头瘤病毒(HPV)疫苗。

从2019年9月起，同龄的男学生也可以免费接种人乳头瘤病毒(HPV)疫苗。这意味着，所有八年级的男生和女生都可以免费接种此疫苗。如果是目前已经超过了这个年纪的男学生，就错过了在学校接种此疫苗的机会。

如果在校期间错过了接种此疫苗的女生，可以在25岁生日之前通过英国国家医疗服务体系(NHS)接种。

英国国家医疗服务体系(NHS)的疫苗可以帮助预防四种人乳头瘤病毒(HPV)。

## About the LloydsPharmacy HPV vaccination Service

The HPV vaccination is available at LloydsPharmacy and we use a vaccination called Gardasil 9:

- Gardasil 9 protects against 9 types of HPV, including 2 types that can cause more than 70% of cervical cancers in the UK.
- Gardasil 9 also protects against two types of the virus that cause 90% of genital warts<sup>2</sup>.

## 关于LloydsPharmacy人乳头瘤病毒(HPV)疫苗服务

LloydsPharmacy提供人乳头瘤病毒(HPV)疫苗。我们使用的疫苗名为Gardasil 9 (加卫苗9)

- Gardasil 9 (加卫苗9)帮助预防9种人乳头瘤病毒(HPV)，其中包括引发英国70%的宫颈癌的两种病毒。
- Gardasil 9 (加卫苗9)还能帮助预防引发90%尖锐湿疣的两种病毒<sup>2</sup>。

<sup>2</sup>NHS: HPV – Human Papillomavirus vaccine

<sup>2</sup> 源自英国国家医疗服务体系(NHS)：人乳头瘤病毒(HPV)疫苗

## Who is the service for?

The vaccination is suitable for anyone aged between 12-45 years old, unless you are pregnant.

For men, it will help prevent the most common cause of genital warts, and it also protects against some types of cancer.

### 谁可以享受这一服务？

此疫苗适用于12-45岁之间的人群，孕妇不可接种。

对于男士们，此疫苗可以帮助预防常见的尖锐湿疣及其他种类的癌症。

## How is the vaccine given?

Gardasil 9 is given as an injection in the upper arm. The number of doses you need depends on your age.

### 如何接种此疫苗？

Gardasil 9 (加卫苗9)将通过手臂注射接种。所需剂量视年龄而定。

## How much does it cost?

For a course of three vaccinations, the cost is £449.

If only two doses are needed, the cost is £310 (£155 per dose).

### 费用是多少？

三批剂量的疫苗，费用为£499英镑。如果只需要两批剂量的疫苗，费用为£310英镑(每批剂量£155英镑)。

## Are there any side effects?

You might experience some temporary side effects after your vaccination.

These may include:

- Headaches – these tend to be short-lived
- Fever – a temperature above 38°C or feeling hot and shivery
- Nausea
- Dizziness
- Pain in the arms, hands, fingers, legs, feet or toes

You may also notice some redness, swelling, itching, bruising at the site of the injection.

### 会不会有副作用？

接种疫苗后可能会产生一些暂时性的副作用。包括：

- 头痛——通常不会持续太长时间
- 发烧——体温在38度以上或感觉发热颤抖
- 恶心
- 头晕
- 手臂、手掌、手指、腿部、双脚或脚趾出现疼痛

在接种注射的部位，可能会出现红肿、发痒或发青。

# Your questions answered

## 其他问题

**Q** Can I have the vaccine while I have a cold?

**A** You can have the vaccination if you have a cold, but if you're feeling very unwell or have a fever it should be rearranged for when you have recovered.

问：可以在感冒期间接种此疫苗吗？

答：您可以在感冒期间接种此疫苗。不过，如果您感到不适或有发烧症状，我们建议您最好改期，等您恢复健康之后再接种。

**Q** Can I safely have sex without the HPV vaccine?

**A** Condoms can help prevent you catching HPV from those with the infection, but they aren't as reliable as getting vaccinated.

It's always best to practice safe sex, even after the vaccine as it doesn't protect against other sexual transmitted infections.

问：不接种人乳头瘤病毒(HPV)疫苗的话，还能安全的进行性行为吗？

答：避孕套可以帮助你避免受到感染，但是它们不如疫苗可靠。

安全性行为无论何时都十分重要。即使在接种过疫苗之后，也应该注意性行为的安全，因为此疫苗无法预防其他性传播感染疾病。

### How many doses do you need?

Age	Doses	1 <sup>st</sup> month	2 <sup>nd</sup> month	4 <sup>th</sup> month	6 <sup>th</sup> month
12 – 14 at time of first injection	2	Dose 1			Dose 2 6 months later
15 or over at time of first injection	3*	Dose 1	Dose 2 2 months after dose 1	Dose 3 at least 4 months after dose 2	

\*All three doses have to be given within the course of one year

## Q Will I still need Cervical Screening (Smear Tests)?

**A** Yes, you will still need to go for your Cervical Screening (smear test) even after your vaccination.

问：接种疫苗后，我还需要做宫颈抹片检查吗？

答：需要。即使在接种疫苗之后，您还是需要接受宫颈抹片检查。

## Q Can I have the vaccine while I'm having my period?

**A** Yes, you can get the HPV vaccine when you're menstruating.

问：可以在月期间接种此疫苗吗？

答：可以。在月期间可以安全接种人乳头瘤病毒(HPV)疫苗。

## Q Should men get the HPV vaccine?

**A** HPV is associated with certain types of penile and throat cancer, as well as genital warts. The vaccine will lower your risk of developing these cancers while also protecting against genital warts.

问：男士也需要接种人乳头瘤病毒(HPV)疫苗吗？

答：人乳头瘤病毒(HPV)不仅能引起尖锐湿疣，还可能引起某些生殖器及喉癌。此疫苗能帮助降低引发这些癌症的风险，同时预防尖锐湿疣。

## 我需要多少剂量？

年龄	所需剂量	时间安排
12至14岁的少年首次接种	2	首批剂量接种 第二批剂量接种 - 6个月之后
15岁及以上的人群首次接种	3	首批剂量接种 第二批剂量接种 - 2个月之后 第三批剂量接种 - 在第二批剂量接种至少4个月之后 三批剂量必须在一年内接种完成