

Personal Vaccine Care Card

My name is:

I like to be called:

My date of birth is:

I prefer to communicate by:

Hobbies I enjoy most are:

The questions I have for the nurse are:

Things that would support me to
have the vaccine are:

Find out more



For more information about NHS vaccines
and when to have them visit:

NHS vaccines and when to have them:

<https://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/>



HPV vaccine:

<https://www.nhs.uk/vaccinations/hpv-vaccine/>



Missed a vaccine?

If you have missed any of the vaccines offered
at school, you may not be fully protected against
life-threatening but completely avoidable diseases.

If you're still at school contact the School Aged
Immunisation Service about catching up. If you
have left school contact your GP practice.

NHS vaccinations

Developed by
Public Health
South Tees



Year 8

A teenage guide to the HPV vaccine

NHS vaccinations

What is Human Papilloma Virus?

Human Papilloma Virus (HPV) is the name of a very common group of viruses that affect the skin.

There are more than 100 different types of HPV, they spread through close skin to skin contact.

Most people don't know they have HPV. That's because many HPV infections do not have any symptoms and get better on their own.

High risk types of HPV

A few high risk types of HPV cause genital warts and increase the risk of developing some cancers later in life, including:

Head & neck

Anus

Penis

Cervix

Vulva

Vagina

The HPV vaccine

One dose of the HPV vaccine protects both boys and girls from the high-risk types of HPV. It protects against genital warts, but it does not protect against other sexually transmitted infections.

The HPV vaccine is safe and effective, it is most effective if you have it before you are sexually active.

All young people in Year 8 are offered this vaccine.

Watch

HPV vaccine video:

https://www.youtube.com/watch?v=TT_iWbkTDQU



Since 2008 over 10 million doses have been given to young people like you across the UK. This is helping to prevent 87% of HPV-related cancers in those who have been vaccinated. There has also been a big decline in genital warts among young people.

Complete the consent form



Ask your parent or carer to complete the consent form to let the nurses know 'yes' you do want to have your HPV vaccine or 'no' you don't.

Watch

The consent process video:

<https://www.youtube.com/watch?v=M40poCVrvjk>



Having your vaccine

If you are feeling nervous about having your vaccine, complete the **Personal Vaccine Care Card** and take it with you.

Things that might support you to have your vaccine are:

Distractions:

Look the other way, focus on an object in the room, or count backwards from 20.

Comforting items:

A stress ball, a fidget toy, or headphones to play calming music.



Relaxation techniques:

Slow breathing or relaxing your muscles.

Watch

Getting your vaccine video:

<https://www.youtube.com/watch?v=eUQiLc31lls>



And remember to wear a short-sleeved shirt or loose top.

