

Protect Against Human Papillomavirus (HPV): For Young Adults



It is estimated that around 75% of sexually active Canadians who have not been immunized against HPV will have an HPV infection at some point in their life.

While most HPV infections will go away on their own and not cause any symptoms, infection can sometimes lead to **genital warts** and **cancers** such as cervical, penile, and neck cancers.

HPV is mainly spread through **sex involving skin-to-skin contact**, such as frontal/vaginal, oral (performed on the anus or genitals), fingering, and anal, amongst others. HPV can spread from one partner to another, **even if the person with HPV has no visible symptoms** such as genital warts.



Getting vaccinated against HPV before becoming sexually active ensures that when you do decide to have sex, you are protected against HPV. **Even partaking in sexual activities for the first time can expose you to HPV**, so it is better to protect against HPV infection sooner rather than later.

If you are already sexually active, getting the HPV vaccine can protect you against any HPV types you have not been exposed to that are covered by the vaccine.

HPV vaccines are safe and the most effective way to prevent HPV infection.

Talk to your doctor, nurse, pharmacist, or local public health office about the HPV vaccine.

