

Tips for an Easy Vaccine Visit



Bring a friend with you.



Listen to music.



Concentrate on something else in the room.

Try counting the floor tiles or reading all the posters in the room.



Think about something that makes you happy.



Take slow, deep breaths.



Relax your arm.

This will make the injection less painful.

For more information about HPV and the HPV vaccine, visit nyc.gov/health/hpv.

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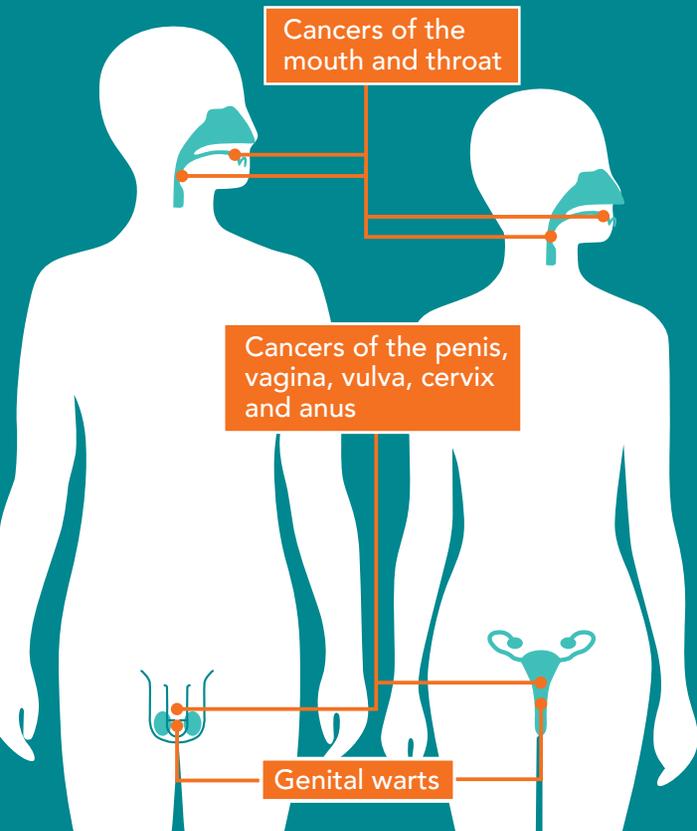
HPV:

What Every Teen Needs to Know



Fact: Human papillomavirus (HPV) causes cancer.

HPV is a very common sexually transmitted infection (STI). There are many types of HPV. While some infections go away on their own, some do not. HPV can cause:



HPV can be transmitted even if someone does not have symptoms.

Fact: There is a vaccine that prevents HPV.



The best way to prevent HPV, and the cancers it causes, is by getting the HPV vaccine. If everyone got vaccinated, it could prevent more than 90% of cancers caused by HPV.

Fact: You should get vaccinated.

Young people are particularly at risk for HPV. The HPV vaccine is more effective the earlier you get it, and it is strongly recommended for **everyone** starting at ages 11 and 12.

You should get vaccinated:

 Regardless of your gender or sexual orientation

 Whether or not you have ever had sex

Now that you know the facts, here is how to get the HPV vaccine.

The HPV vaccine is available at school-based health centers in New York City public schools, at health care providers' offices and at other health care settings.

Teens in New York State seeking sexual health care services do not need their parent or guardian's permission to receive the HPV vaccine. Talk to your health care provider to find out more.

For more information about where to get the HPV vaccine, visit nyc.gov/health and search for **clinics for teens**, or call **311**.