



CHOOSE WHEN AND WHERE

Want to get vaccinated against HPV? Don't wait. Make an appointment at www.hpvafspraak.nl, using your DigiD. You can choose when and where to get the vaccination. No DigiD? Make an appointment by calling **0800-1608**.



TWO JABS

To stay protected, you need two jabs at least five months apart. Studies show the vaccine offers around 95% protection against long-term infection with HPV types 16 and 18.



NO LONG-TERM SIDE EFFECTS

In the Netherlands, more than a million young people have already been vaccinated against HPV. Monitoring for possible side effects takes place continuously. You may feel a bit tired or have some pain in your arm immediately after the jab. There's a slight chance of fever or nausea. There are no known long-term side effects.



PERMISSION TO SHARE YOUR DATA

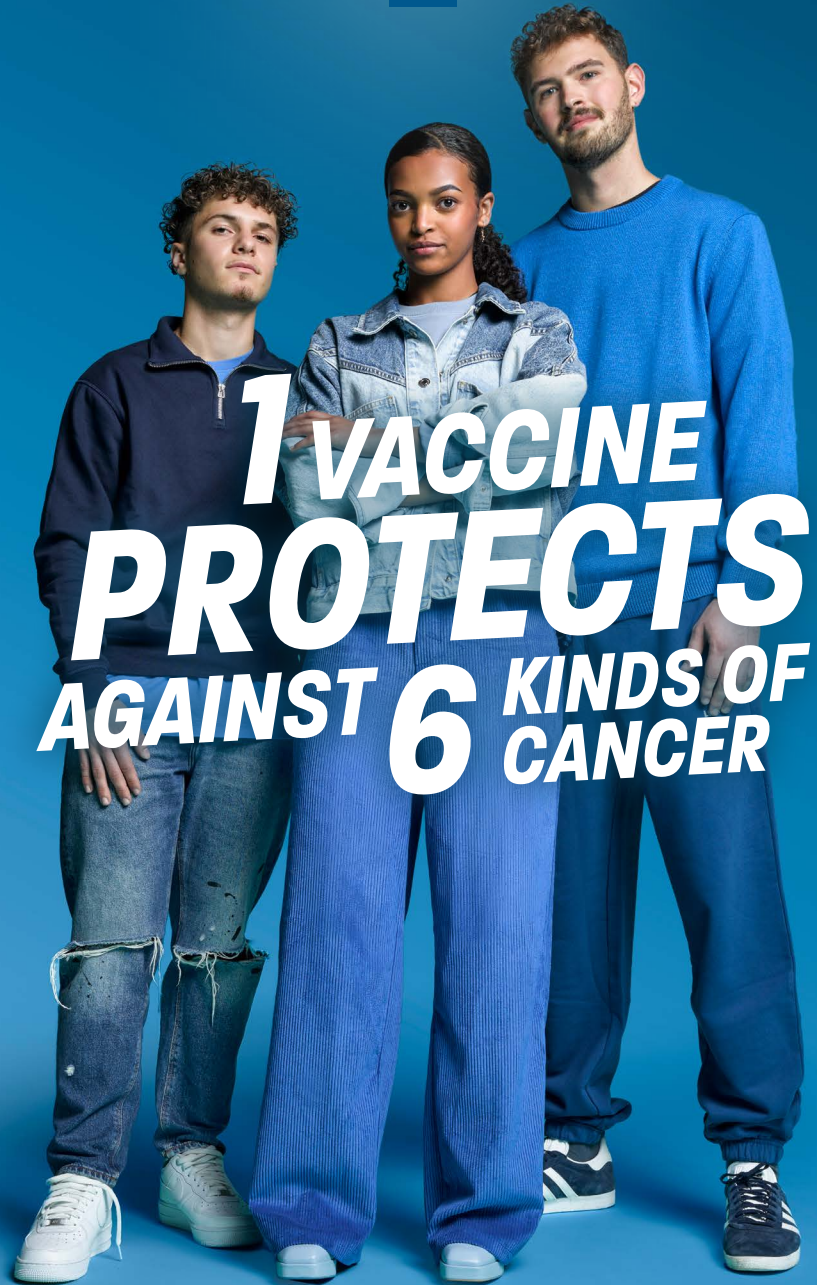
When making your vaccination appointment, the GGD will ask you if they can share your vaccination and personal data with RIVM.

If you agree, RIVM will keep an overview of your vaccinations that you can also access yourself. This is useful when visiting your GP, other doctor or hospital. RIVM also uses the data to keep a close eye on public health.



USEFUL INFO

- Remember to bring along valid identification (ID card or passport)!
- You will get the jab in your upper arm. Wear short-sleeved or loose-fitting tops with sleeves that you can roll up easily.
- Feeling nervous? Let the person giving you the jab know, so they can make it easier for you.

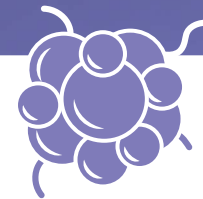


1 VACCINE PROTECTS AGAINST 6 KINDS OF CANCER

Make an appointment at www.hpvafspraak.nl

HPV vaccination is part of the Dutch National Immunisation Programme. See www.hpvafspraak.nl

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WHAT IS HPV?

HPV stands for human papillomavirus. This is a highly contagious virus that can lead to six kinds of cancer. There are more than 100 types of HPV. Types 16 and 18 are the most common causes of HPV-related cancers. HPV can cause cancer in the mouth, throat, penis, anus, vagina, labia and cervix.



A CONTAGIOUS VIRUS

You can become infected with HPV through sex or intimate contact. The virus spreads not only through the penis and vagina, but also via the hands and mouth. 80% of people become infected at some point in their lives! Your body is nearly always able to clean up the virus on its own within two years. In the Netherlands, roughly 1,500 people a year develop cancer following an HPV infection.



FREE IN 2023 ONLY

In 2023, everyone born between 1 January 1996 and 31 December 2003 can get vaccinated at no cost. Make an appointment now to get both jabs in 2023 free of charge.



NOT TOO LATE

The vaccine offers the best protection if you have not yet been sexually active or intimate with anyone. But even if you are already having sex, vaccination may protect you against HPV infection in the future. This is why it's not too late to get vaccinated.



ALSO FOR MEN

Vaccination is a good idea for everyone. Men can also become infected with HPV and develop HPV-related cancers. By getting vaccinated, you protect both yourself and your partner.

Any questions?

See www.hpvkeuzehulp.nl for more information