

# Protect yourself from cancer - get vaccinated against HPV!

If you are under 27 years of age, it is recommended that you get vaccinated against HPV. This applies if you have not previously been vaccinated against HPV. Vaccination is free and voluntary.

## What is HPV?

HPV is a very common virus that can cause several cancers. Getting vaccinated against HPV reduces your risk of getting cancer.

## How to get vaccinated

Make an appointment at a health centre. Only certain health centres in each municipality offer vaccination. Book an appointment on the [mittvaccin.se](https://mittvaccin.se) website. You can also scan the QR code.



Are you in secondary school? Some secondary schools offer the vaccination at school. Ask the school health service.

## Two doses provide good protection

You need two doses of the vaccine to get good protection against HPV. You should take the second dose after 6-12 months. A longer interval of 12 months between doses provides better protection. The second dose is also free.

Since 2020, the HPV vaccine has been offered to all Year 5 pupils.

## Read more about HPV vaccination

Visit [1177.se](https://1177.se) or scan the QR code.

[1177.se/sormland/hpv-vaccination](https://1177.se/sormland/hpv-vaccination)

