



**Mae Brechu yn achub bywydau**  
**Vaccination saves lives**



# Brechu HPV

## Amddiffyn rhag haint HPV er mwyn helpu i leihau eich risg o ganser

Ni allwch amddiffyn eich hun rhag popeth.

Ond gallwch gael eich brechu rhag y feirws papiloma dynol (HPV), sef feirws cyffredin sy'n gallu achosi llawer o wahanol fathau o ganser.

### Y rhaglen frechu HPV

Mae dros 280 miliwn o ddosau o'r brechlyn HPV wedi'u rhoi ledled y byd, gan gynnwys 120 miliwn o ddosau yn yr UD a thros 10 miliwn yn y DU.

Mae'r brechlyn HPV wedi cael ei gynnig i bob merch ym mlwyddyn 8 yr ysgol ers mis Medi 2008. Ers mis Medi 2019, mae'r brechlyn hefyd wedi cael ei gynnig i fechgyn ym mlwyddyn 8. Mae hyn oherwydd bod y dystiolaeth yn glir bod y brechlyn HPV helpu i amddiffyn bechgyn a merched rhag mathau penodol o ganser.

### Beth yw HPV a sut y mae'n lledaenu?

**Mae HPV yn feirws cyffredin iawn, nad oes ganddo unrhyw symptomau fel arfer.**

**Mae'n debyg na fydd pobl hyd yn oed yn gwybod eu bod yn cario'r feirws, ac yn y rhan fwyaf o bobl mae HPV yn clirio'n gyflym.**

**Os nad ydych yn gwybod bod y feirws gennych, mae'n golygu y gallwch ei drosglwyddo i eraill.**

**Bydd mwy na saith o bob 10 o bobl nad ydynt wedi cael y brechiad HPV yn cael eu heintio.**

**Mae HPV yn byw ar y croen yn ardal yr organau cenhedlu (eich rhannau preifat) ac o'i hamgylch ac mae fel arfer yn cael ei ledaenu drwy gyswllt rhywiol agos. Nid yw condomau'n darparu amddiffyniad llwyr rhag HPV. Mae cael y brechlyn bellach yn eich amddiffyn rhag risgiau yn y dyfodol.**

Efallai na fydd symptomau ar unwaith, ond gall HPV arwain at ganserau fel:

- canser ceg y groth (mewn menywod);
- rhai canserau'r geg a'r gwddf; a
- rhai mathau o ganser yr anws ac ardal yr organau cenhedlu.

Gall HPV hefyd achosi defaid gwenerol, sef un o'r mathau mwyaf cyffredin o heintiau a drosglwyddir yn rhywiol.

## **Pa wahaniaeth y mae'r brechlyn HPV wedi'i wneud hyd yma?**

- Disgwylir y bydd y brechlyn yn achub cannoedd o fywydau bob blwyddyn yn y DU. Mae astudiaeth ddiweddar yn Lloegr wedi dangos gostyngiad o 90% mewn HPV sy'n achosi canser mewn menywod ifanc yn eu 20au a gafodd eu brechu pan oeddent yn 12-13 oed.
- Mae'r brechlyn HPV hefyd yn eich amddiffyn rhag dros 90% o heintiau defaid gwenerol.

## **Cael y brechlyn HPV**

Rhoddir y brechlyn yn eich braich ac fel arfer mae angen dau bigiad arnoch er mwyn cael eich amddiffyn yn llawn. Fel arfer rhoddir y pigiad cyntaf ym mlwyddyn 8 yr ysgol. Bydd nyrs yr ysgol neu'r tîm brechu yn rhoi gwybod i chi pan fydd angen i chi gael y ddau bigiad.

Er mwyn rhoi'r amddiffyniad gorau i chi, dylid rhoi'r brechlyn cyn i chi ddechrau cael rhyw. Os ydych yn cael rhyw dylech gael y brechlyn o hyd.

## Y brechlyn HPV

Ers 2012, Gardasil yw'r brechlyn HPV a ddefnyddir yn y DU. Rywbryd yn ystod blwyddyn academaidd 2021 i 2022 bydd y brechlyn HPV yn newid i Gardasil 9. Os cawsoch Gardasil ar gyfer eich dos cyntaf gallwch gael Gardasil 9 ar gyfer yr ail ddos. Gall bechgyn a merched gael y brechlyn HPV.

**Gall unrhyw un ddal, cario a throsglwyddo HPV. Mae cael y brechlyn HPV pan fydd yn cael ei gynnig i chi yn sicrhau eich bod wedi'ch amddiffyn ar gyfer eich dyfodol.**

## Sgil-effeithiau'r brechlyn HPV

Mae'r sgil-effeithiau fel arfer yn ysgafn. Y sgil-effaith fwyaf cyffredin yw braich ddolurus, chwyddedig neu goch lle cawsoch y pigiad. Mae hyn fel arfer yn diflannu o fewn ychydig ddyddiau. Mae'r sgileffeithiau llai cyffredin yn cynnwys cur pen, cyfog a thwymyn. Mae sgil-effeithiau difrifol yn brin iawn.

Fel gyda phob brechlyn, mae adroddiadau am sgileffeithiau yn cael eu monitro'n agos a'u hadolygu. Mae adolygiadau helaeth o ddiogelwch y brechlyn HPV wedi canfod nad yw tystiolaeth yn cefnogi cysylltiad rhwng y brechlyn a sawl salwch difrifol a chronig (hirdymor). I gael rhagor o wybodaeth, ewch i [who.int/groups/globaladvisory-committee-on-vaccine-safety/topics/human-papillomavirus-vaccines/safety](https://www.who.int/groups/globaladvisory-committee-on-vaccine-safety/topics/human-papillomavirus-vaccines/safety)

Gallwch chi neu eich rhiant neu ofalwr roi gwybod am unrhyw sgil-effeithiau tybiedig brechlynnau a meddyginiaethau drwy'r cynllun Cerdyn Melyn. Gallwch wneud hyn ar-lein yn [yellowcard.mhra.gov.uk](https://yellowcard.mhra.gov.uk) neu drwy ffonio'r llinell gymorth (am ddim) ar **0800 731 6789** (dydd Llun i ddydd Gwener, 9am i 5pm).

## A oes unrhyw resymau pam na ddylwn gael fy mrechu?

Prin iawn yw'r bobl ifanc yn eu harddegau na allant gael eu brechlyn HPV. Ni ddylech gael y brechlyn os ydych wedi cael adwaith difrifol (sy'n peryglu bywyd) i unrhyw gynhwysyn yn y brechlyn neu i ddos blaenorol o'r brechlyn HPV. Gelwir yr adwaith difrifol hwn yn adwaith anaffylactig. Mae'r adweithiau hyn yn eithriadol o brin brin ac mae nyrsys wedi'u hyfforddi'n llawn i ddelio â nhw.

Os ydych wedi cael adwaith difrifol i frechiad yn y gorffennol, mae'n bwysig eich bod yn cynnwys y manylion am hyn ar eich ffurflen ganiat d. Mae hefyd yn bwysig eich bod yn dweud wrth y person sy'n rhoi'r brechlyn i chi.

Os oes gennych fân salwch heb dymheredd, fel annwyd, dylech gael y brechiad o hyd. Os ydych yn sâl gyda thymheredd uchel, gohiriwch y brechiad nes eich bod yn well.

Hefyd, siaradwch â'ch meddyg neu nyrs cyn cael y brechiad os yw'r canlynol yn wir:

- mae gennych anhwylder gwaedu; neu
- rydych wedi cael confylsiynau (ffitiau) nad ydynt yn gysylltiedig â thwymyn.

## **Beth ddylwn ei wneud os byddaf yn teimlo'n sâl ar ôl y brechiad?**

Os oes gennych dymheredd ac yn teimlo'n sâl ar ôl y brechiad, gallwch gymryd parasetamol i'ch helpu i deimlo'n well. Darllenwch y cyfarwyddiadau ar y pecyn yn ofalus a chymryd y dos cywir ar gyfer eich oedran. Nid ydym yn argymhell eich bod yn cymryd y feddyginiaeth hon cyn cael y brechlyn i geisio atal tymheredd rhag datblygu.

**Cofiwch, os ydych o dan 16 oed ni ddylech gymryd meddyginiaeth sy'n cynnwys asbrin.**

## **Gwybodaeth ychwanegol i ferched**

Mae cael y brechiad HPV rhwng 12 a 14 oed, wedi'i ddilyn gan sgrinio serfigol rheolaidd pan fyddwch yn 25 oed, yn cynnig yr amddiffyniad gorau posibl rhag canser ceg y groth.

## **A oes angen i mi fynd i gael sgrinio serfigol os ydw i wedi cael y brechlyn?**

Mae unrhyw un rhwng 25 a 64 oed sy'n byw yng Nghymru ac sydd â cheg y groth yn cael cynnig profion sgrinio serfigol (taeniad). Bydd y brechlyn yn atal tua saith o bob 10 o achosion o ganser ceg y groth, ond gall sgrinio ddod o hyd i haint HPV risg uchel arall nad yw'n cael ei gwmpasu gan y brechlyn. Drwy ddod o hyd i haint HPV neu newidiadau celloedd yn gynnar, gall sgrinio atal canser ceg y groth rhag datblygu. I gael rhagor o wybodaeth, ewch i [icc.gig.cymru/gwasanaethau-a-thimau/sgrinio/sgrinio-serfigol-cymru1](http://icc.gig.cymru/gwasanaethau-a-thimau/sgrinio/sgrinio-serfigol-cymru1)

## Beth am y canserau eraill?

Ar hyn o bryd, nid oes rhaglenni sgrinio ar gyfer canserau eraill sy'n gysylltiedig â HPV. Os ydych yn pryderu am unrhyw symptomau, siaradwch â'ch practis meddyg teulu.

## Unrhyw gwestiynau?

### Beth sydd angen i mi ei wneud?

Os byddwch yn cael ffurflen ganiatâd a thaflen wybodaeth gan yr ysgol, sicrhewch eich bod chi a'ch rhiant neu ofalwr yn darllen y wybodaeth am y brechiad, llofnodi'r ffurflen ganiatâd a'i dychwelyd i'r ysgol cyn gynted â phosibl. Mae'n well cynnwys eich rhiant neu ofalwr yn eich penderfyniad ynghylch cael y brechiad, ond mewn rhai amgylchiadau gallwch roi caniatâd ar gyfer y brechiad eich hun os ydych yn deall yn llawn beth sy'n cael ei gynnig.

### Beth os ydw i wedi colli fy ffurflen ganiatâd?

Gallwch gael un arall – siaradwch â nyrs eich ysgol cyn gynted â phosibl.

### Beth os nad wyf wedi cael fy mrechllyn HPV cyntaf pan fyddaf yn 15 oed?

Mae'r brechllyn HPV yn gweithio orau cyn i chi erioed ddod i gysylltiad â'r feirws. Os nad ydych wedi cael unrhyw frechllyn HPV cyn eich pen-blwydd yn 15 oed dylech ei drafod gyda'ch nyrs ysgol, y tîm brechu neu bractis meddyg teulu. Byddant yn rhoi gwybod i chi faint o ddosau y bydd eu hangen arnoch a ble y gallwch gael y brechiad.

### Collais fy mrechiad. A allaf ei gael o hyd?

Gallwch. Os ydych yn y grwpiau cymwys ac wedi colli unrhyw rai o'ch brechiadau HPV yn yr ysgol, gallwch eu cael hyd at eich pen-blwydd yn 25 oed. Dylech geisio dal i fyny cyn gynted â phosibl. Cysylltwch â nyrs eich ysgol, y tîm brechu neu bractis meddyg teulu a'i drafod gyda nhw i weld a allwch ei gael.

### A yw hyn yn golygu na allaf gael canser?

Nac ydy. Mae'r brechllyn HPV yn eich amddiffyn rhag y rhan fwyaf o fathau o HPV, ond nid pob un ohonynt. Gan y gall HPV arwain at ganser, mae'r brechllyn hwn yn ymwneud â lleihau eich risg.

## A fyddaf yn cael fy mrechgu rhag clefydau eraill yn yr ysgol?

Byddwch, cewch gynnig brechiadau eraill cyn i chi adael yr ysgol fel:

- dos atgyfnerthu o'r brechlyn Td/IPV, sy'n helpu i amddiffyn yn erbyn tetanus, difftheria a pholio.
- brechlyn MenACWY, sy'n helpu i amddiffyn rhag llid yr ymennydd; a
- y brechlyn MMR sy'n amddiffyn rhag y frech goch, clwy'r pennau a rwbela (os nad ydych wedi cael y 2 ddos a argymhellir eto).

Mewn ardaloedd lle nad yw'r brechiadau hyn ar gael yn yr ysgol byddwch yn gallu eu cael gyda'ch practis meddyg teulu.

## A fyddaf yn cael cynnig y brechlyn COVID-19?

Mae rhai pobl ifanc bellach yn cael cynnig y brechlyn COVID-19. Os ydych yn gymwys, cewch wybod pryd a ble y gallwch ei gael. I gael rhagor o wybodaeth, ewch i [icc.gig.cymru/pynciau/imiwneiddio-abrechlynnau/gwybodaeth-brechlyn-covid-19/cymhwysra-ar-gyfer-y-brechlyn](https://icc.gig.cymru/pynciau/imiwneiddio-abrechlynnau/gwybodaeth-brechlyn-covid-19/cymhwysra-ar-gyfer-y-brechlyn)

## Rhestr wirio brechlyn HPV

**Siaradwch â'ch rhiant neu ofalwr am gael y brechlyn HPV a gadewch iddynt ddarllen y ffurflen ganiatâd a'r daflen wybodaeth.**

**Os oes gennych gwestiynau o hyd, siaradwch â nyrs eich ysgol - mae yno i helpu.**

**Dychwelwch y ffurflen ganiatâd wedi'i llofnodi i'r ysgol.**

**Sicrhewch eich bod yn mynd i'r ysgol ar y diwrnod brechu. Os byddwch yn ei golli am ba reswm bynnag, dylech gael mwy o gyfleoedd i gael y brechlyn.**

**Os ydych wedi gadael yr ysgol neu os nad ydych yn siŵr a ydych wedi colli unrhyw frechiadau, siaradwch â'ch practis meddyg teulu.**

## I gael rhagor o wybodaeth

Os oes gennych unrhyw gwestiynau neu os ydych am gael rhagor o wybodaeth, ewch i **111.wales.nhs.uk**, siaradwch â'ch meddyg neu nyrs neu ffoniwch **NHS 111 Wales**.

Os nad yw **111** ar gael yn eich ardal chi, ffoniwch **0845 46 47**. Mae galwadau o linellau tir a ffonau symudol yn costio 2c y funud (ynghyd â thâl arferol eich darparwr ffôn).

Gallwch ddod o hyd i ragor o wybodaeth am y brechlyn HPV yn:  
**111.wales.nhs.uk/livewell/vaccinations**

Mae gwybodaeth am ganser ceg y groth ar gael drwy fynd i wefan Ymddiriedolaeth Canser Ceg y Groth Jo yn: **jostrust.org.uk**

Mae rhestr gyflawn o gynhwysion a sgil-ffeithiau posibl ar gyfer y brechlyn Gardasil ar gael yn y daflen gwybodaeth i gleifion yn: **medicines.org.uk/emc/medicine/19033**

Mae rhestr gyflawn o gynhwysion a sgil-ffeithiau posibl ar gyfer y brechlyn Gardasil ar gael yn y daflen gwybodaeth i gleifion yn: **medicines.org.uk/emc/product/7330/pil**

Gallwch ddarllen y Crynodeb o Nodweddion Cynnyrch yn:  
**medicines.org.uk/emc/search?q=gardasil**

Mae'r amserlen frechu sy'n dangos i chi pa frechiadau a gynigir yn rheolaidd yng Nghymru ar gael yn: **111.wales.nhs.uk/CompleteSchedule**

Gallwch gael gwybod sut y mae'r GIG yn defnyddio eich gwybodaeth yn:  
**111.wales.nhs.uk/AboutUs/Yourinformation/?locale=cy**

I archebu rhagor o gopiau o'r daflen hon, ewch i:  
**icc.gig.cymru/gwasanaethau-a-thimau/adnoddau-gwybodaeth-iechyd**

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# HPV Vaccination

## Protecting against HPV infection to help reduce your risk of cancer

**You cannot protect yourself against everything.**

**But you can get yourself vaccinated against the human papillomavirus (HPV), a common virus which can cause many different types of cancer.**

### The HPV vaccination programme

More than 280 million doses of the HPV vaccine have been given worldwide, including 120 million doses in the US and over 10 million in the UK.

The HPV vaccine has been offered to all girls in school year 8 since September 2008. From September 2019, the vaccine has also been offered to year 8 boys. This is because the evidence is clear that the HPV vaccine helps protect both boys and girls from certain types of cancer.

### What is HPV and how it spreads?

**HPV is a very common virus which usually has no symptoms.**

**People probably will not even know they are carrying the virus, and in most people HPV clears up quickly.**

**If you don't know you have the virus it means you can pass it on to others.**

**More than seven out of 10 people who have not had the HPV vaccination will get infected.**



**HPV lives on the skin in and around the whole genital area (your private parts) and is usually spread through intimate sexual contact. Condoms do not provide complete protection from HPV. Getting the vaccine now protects you against future risks.**

There may not be immediate symptoms, but HPV can lead to cancers such as:

- cervical cancer (in females);
- some mouth and throat cancers; and
- some cancers of the anus and genital area.

HPV can also cause genital warts, which is one of the most common types of sexually transmitted infections.

## **What difference has the HPV vaccine made so far?**

- It is expected that the vaccine will save hundreds of lives every year in the UK. A recent English study has shown a reduction of 90% in cancer-causing HPV in young women in their 20's who were vaccinated aged 12-13.
- The HPV vaccine also protects you against over 90% of genital wart infections.

## **Having the HPV vaccine**

The vaccine is given in your arm and you normally need two injections to be fully protected. The first injection is usually given at school in year 8. The school nurse or vaccination team will let you know when both injections are due.

To give you the best protection, the vaccine should be given before you become sexually active. If you are sexually active you should still have the vaccine.

## The HPV vaccine

Since 2012, Gardasil has been the HPV vaccine used in the UK. Sometime during the 2021 to 2022 academic year the HPV vaccine will switch to Gardasil 9. If you had Gardasil for your first dose you can have Gardasil 9 for the second dose. Both boys and girls can have the HPV vaccine.

**Anyone can catch, carry and pass on HPV. Getting the HPV vaccine when you are offered it makes sure you are protected for your future.**

## Side effects of the HPV vaccine

Side effects are usually mild. The most common side effect is a sore, swollen or red arm where you had the injection. This usually wears off within a few days. Less common side effects are headaches, nausea and fever. Serious side effects are extremely rare.

As with all vaccines, reports of side effects are closely monitored and reviewed. Extensive reviews of the safety of the HPV vaccine have found that evidence does not support a link between the vaccine and a number of serious and chronic (long-term) illnesses. For more information, go to [who.int/groups/globaladvisory-committee-on-vaccine-safety/topics/human-papillomavirus-vaccines/safety](https://www.who.int/groups/globaladvisory-committee-on-vaccine-safety/topics/human-papillomavirus-vaccines/safety)

You or your parent or carer can report suspected side effects of vaccines and medicines through the Yellow Card scheme. You can do this online at [yellowcard.mhra.gov.uk](https://yellowcard.mhra.gov.uk) or by calling the hotline (free) on **0800 731 6789** (Monday to Friday, 9am to 5pm).

## Are there any reasons why I should not be vaccinated?

There are very few teenagers who cannot have their HPV vaccination. You should not have the vaccine if you have had a severe (life-threatening) reaction to any ingredient of the vaccine or to a previous dose of HPV vaccine. This severe reaction is called an anaphylactic reaction. These reactions are extremely rare and nurses are fully trained to deal with them.

If you have had a severe reaction to a vaccination in the past, it's important that you include the details of this on your consent form. It's also important you tell the person giving you the vaccine.

If you have a minor illness without a temperature, such as a cold, you should still have the vaccination. If you are ill with a high temperature, put the vaccination off until you are better.

Also, speak to your doctor or nurse before having the vaccination if you:

- have a bleeding disorder; or
- have had convulsions (fits) not associated with fever.

## What should I do if I feel unwell after the vaccination?

If you have a temperature and feel unwell after the vaccination, you can take paracetamol to help you feel better. Read the instructions on the packet carefully and take the correct dose for your age. We don't recommend that you take this medicine before having the vaccine to try to prevent a temperature from developing.

**Remember, if you are under 16 you should not take medicine that contains aspirin.**

## Extra information for girls

Having the HPV vaccination between the ages of 12 and 14, followed by regular cervical screening when you reach 25, offers the best possible protection against cervical cancer.

## Do I still need to go for cervical screening if I have had the vaccine?

Anyone aged 25 to 64 who lives in Wales and has a cervix is offered cervical screening (smear) tests.

The vaccine will prevent around seven out of 10 cervical cancer cases, but screening can find other high-risk HPV infection not covered by the vaccine. By finding HPV infection or cell changes early, screening can prevent cervical cancer from developing. For more information, visit [cervicalscreeningwales.wales.nhs.uk/home](http://cervicalscreeningwales.wales.nhs.uk/home)

## What about the other cancers?

There are currently no screening programmes for other HPV-related cancers. If you are worried about any symptoms, speak to your GP practice.

## Any questions?

### What do I need to do?

If you receive a consent form and information leaflet from school, make sure you and your parent or carer read the information about the vaccination, sign the consent form and return it to school as soon as possible. It's best to involve your parent or carer in your decision about having the vaccination, but in some circumstances you can give permission for the vaccination yourself if you fully understand what is being offered.

### What if I've lost my consent form?

You can get another one – just speak to your school nurse as soon as possible.

### What if I have not had my first HPV vaccine by the age of 15?

The HPV vaccine works best before you've ever been exposed to the virus. If you have not had any HPV vaccine before your 15th birthday you should discuss it with your school nurse, vaccination team or GP practice. They will let you know how many doses you will need and where you can get the vaccination.

### I missed my vaccination. Can I still have it?

Yes. If you are in the eligible groups and have missed any of your HPV vaccinations at school, you can still have them up until your 25th birthday. You should try to catch up as soon as possible. Contact your school nurse, vaccination team or GP practice and discuss it with them to see if you can have it.

### Does this mean I cannot get cancer?

No. The HPV vaccine protects you against most, but not all, forms of HPV. Because HPV can lead to cancer, this vaccine is about reducing your risk.

## Will I be vaccinated against other diseases at school?

Yes, you will be offered other vaccinations before you leave school, such as:

- a booster dose of the Td/IPV vaccine, which helps protect against tetanus, diphtheria and polio;
- the MenACWY vaccine, which helps protect against meningitis; and
- the MMR vaccine which protects against measles, mumps and rubella (if you have not yet had the recommended two doses).

In areas where these vaccinations are not available in school you will be able to have them with your GP practice.

## Will I be offered the COVID-19 vaccine?

Some young people are now being offered the COVID-19 vaccine. If you are eligible you will be told when and where you can have it. For more information, visit [phw.nhs.wales/topics/immunisation-and-vaccines/covid-19-vaccinationinformation/eligibility-for-the-vaccine](https://phw.nhs.wales/topics/immunisation-and-vaccines/covid-19-vaccinationinformation/eligibility-for-the-vaccine)

## HPV vaccine to-do list

**Talk to your parent or carer about getting the HPV vaccine and let them read the consent form and information leaflet.**

**If you still have questions, talk to your school nurse – they are there to help.**

**Return the signed consent form to school.**

**Make sure you go to school on the vaccination day. If you miss it for whatever reason, you should have more opportunities to have the vaccine.**

**If you have left school or are not sure if you have missed any vaccinations, speak to your GP practice.**

## For more information

If you have any questions or want more information, you can visit **111.wales.nhs.uk**, talk to your doctor or nurse or call **NHS 111 Wales**.

If **111** is not available in your area, please call **0845 46 47**. Calls from landlines and mobiles cost 2p per minute (plus your telephone provider's usual charge).

You can find more information on the HPV vaccine at:

**111.wales.nhs.uk/livewell/vaccinations**

Information on cervical cancer is available by visiting Jo's Cervical Cancer Trust website at: **jostrust.org.uk**

A complete list of ingredients and possible side effects for the Gardasil vaccine is given in the patient information leaflet (PIL) at:

**medicines.org.uk/emc/medicine/19033**

A complete list of ingredients and possible side effects for the Gardasil 9 vaccine is given in the patient information leaflet (PIL) at:

**medicines.org.uk/emc/product/7330/pil**

You can read the Summary of Product Characteristics (SPC) at:

**medicines.org.uk/emc/search?q=gardasil**

The vaccination schedule that shows you which vaccinations are routinely offered in Wales is available at: **111.wales.nhs.uk/CompleteSchedule**

You can find out how the NHS uses your information at:

**111.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights**

To order more copies of this leaflet, visit:

**publichealthwales.org/HealthInformationResources**

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