



# PREVENTION OF #CERVICALCANCER

## DELAY SEX DEBUT

- ➔ The only way to be completely sure about preventing HPV infections and other sexually transmitted diseases (STDs) is to not have sex. The younger you are when you start having sex, the greater your risk for acquiring an HPV infection if you are exposed to the virus.
- ➔ Most people are likely to have HPV infections between ages 15-20, without showing any signs and symptoms.

## GET VACCINATED AGAINST HPV



- Almost all cases of cervical cancer are caused by a virus called Human Papilloma Virus (HPV). HPV is spread through body fluids and by having unprotected sex. You can reduce your risk of contracting HPV by having protected sex. In addition, you must have cervical screening every 10 years from age 30.
- There is a vaccine that provides protection against HPV that is responsible for almost all cases of cervical cancer.
- Vaccination is available for girls ages 9 - 12. The vaccine is most effective if given to girls before they become sexually active. This is the most effective way to prevent this cancer.

## PRACTISE SAFE SEX



- ➔ There is a strong link between certain types of Human Papilloma Virus (HPV) and the development of abnormalities that may turn into cervical cancer.
- ➔ Using a condom will reduce your risk of catching HPV and spreading it to others. Although it will not protect you completely, it is one of the best ways you can prevent transmission of the infection. Before beginning a sexual relationship with a new partner, it is a good idea for you both to be tested for sexually transmitted infections at a sexual health (GUM) clinic. All tests are free and confidential.



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