

Reduce Your Risk



GET VACCINATED

HPV vaccination can help prevent certain HPV infections.



STOP SMOKING

Quitting smoking or vaping may help your body clear HPV more effectively.



BARRIER PROTECTION

Using condoms or dental dams with new partners can reduce the spread of HPV.



GET TESTED

Get cervical cancer screening regularly, even if you've been vaccinated.

For More Information

Visit our site for more information and FAQs about HPV



Speak with your healthcare provider.



Produced by:
Women and Diversity Health

CERVICAL CANCER SCREENING

**Now using HPV
testing in the
Canadian Armed
Forces**

DID YOU KNOW?



An HPV infection is
the leading cause of
cervical cancer

What is HPV?

HPV (Human Papillomavirus) is a common virus that spreads through skin-to-skin contact.

About 75% of sexually active people will have at least one HPV infection in their lifetime.

Most HPV infections don't cause symptoms and go away on their own.

Some HPV types, called "high-risk", will need closer monitoring for cervical cell changes that can be caused by the virus.

If these changes progress, they may cause:



Unusual bleeding (after sex, between periods, or after menopause)

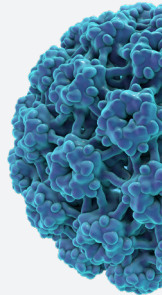


Pain during sex



Unusual discharge

If you notice these or other symptoms, speak to your healthcare provider.



What is HPV Testing?

HPV testing is replacing the Pap smear for cervical cancer screening.

An HPV test is performed the same way as a Pap smear—by your healthcare provider during a speculum exam.

HPV testing detects the virus itself, helping to identify "high-risk HPV".

Some locations may offer self-swab testing.



Who Needs HPV Testing?

Anyone with a cervix should get tested, including cisgender women, transgender men, and non-binary people with a cervix.

Testing is recommended for most people every 5 years from ages 25 to 65.

Even if you've had the HPV vaccine, testing is still recommended.



What if I have an HPV Infection?



Most HPV infections clear on their own within one to two years.



HPV is very common, and it's often impossible to know when or from whom you got it.



A positive HPV test means you may require monitoring for cell changes – not that you have or will develop cervical cancer.



Follow-up appointments monitor for cervical cell changes and if you've cleared the virus.



If needed, a specialist can remove abnormal cells before they become a concern.