



Rijksinstituut voor Volksgezondheid
en Milieu
Ministerie van Volksgezondheid,
Welzijn en Sport

> Return address: PO Box 1, 3720 BA Bilthoven

name
street 00
1000 AA town/city

A. van Leeuwenhoeklaan 9
3721 MA Bilthoven
PO Box 1
3720 BA Bilthoven
www.rivm.nl/en

Enclosure(s)
Information leaflet

Date 1 January 2023
Subject Invitation to get vaccinated against HPV

Dear,

I'm writing to invite you to get vaccinated against HPV, the human papillomavirus. You may not have heard of this virus, but eight in ten people become infected with it at some point in their lives. In 2023, young people aged 26 and under will be able to get vaccinated against HPV free of charge. Whether to get vaccinated or not is up to you.

Why is vaccination important?

HPV is highly contagious. You can become infected with HPV through sex or intimate contact with the hands or mouth.

Infection with HPV can cause several kinds of cancer later in life, including in the mouth, throat, anus, cervix and penis. Two jabs offer good protection against cancers caused by HPV.

Make an appointment now

Making a vaccination appointment is nice and easy:

Online: hpvafspraak.nl Log in using your DigiD. Choose a date, place and time.	By telephone: 0800-1608 (freephone) You'll be asked for identification (passport, ID card or driving licence).
--	--

You need TWO jabs to be protected!

Make an appointment now to ensure you also get your second jab, after at least five months, free of charge. You need two jabs for long-term protection. As from 2024, HPV vaccinations will no longer be free.

The HPV vaccine is safe

More than a million Dutch teenagers have been vaccinated against HPV since 2009. Monitoring for possible side effects takes place continuously. There are no known long-term side effects. However, you may feel a bit tired or have some pain in your arm immediately after the jab.

Any questions?

For more information about HPV, the vaccination or the registration of your vaccination data, read the leaflet enclosed with this letter or see **www.hpvkeuzehulp.nl**. You can also talk with a doctor or nurse using our anonymous chat at JouwGGD.nl.

Kind regards,

Jeanne-Marie Hament, doctor
Manager of RIVM's National Immunisation Programme