

# 人乳头瘤病毒 ( HPV )

## Human Papillomavirus (HPV)

### HPV is the Most Common STI

Human papillomavirus or HPV is the most common sexually transmitted infection (STI). HPV is a different virus than HIV and HSV (herpes). HPV is so common that most sexually active men and women get it at some point in their lives.

There are many different types of HPV. Some types can cause health problems, including genital warts and cancers, but there are vaccines that can stop these health problems from happening.

### Facts About HPV

- You can get HPV by having oral, vaginal or anal sex with someone who has the virus.
- HPV can be passed even when an infected person has no signs or symptoms.
- Anyone who is sexually active can get HPV, even if you have had sex with only one person.
- You also can develop symptoms years after you have sex with someone who is infected making it hard to know when you first became infected.
- In most cases, HPV goes away on its own and does not cause any health problems.
- When HPV does not go away, it can cause health problems like genital warts and cancer.
- Cigarette smoking doubles your risk of developing cervical cancer.

### HPV 是最常见的 STI

人乳头瘤病毒或 HPV 是最常见的性传播感染 ( STI )。HPV 是一种不同于 HIV 和 HSV ( 疱疹 ) 的病毒。HPV 非常普遍，大多数性活跃的男性和女性在生命中的某个时候，都会受到感染。

HPV 有许多不同的类型。

某些类型会引起健康问题，包括尖锐湿疣和癌症，但疫苗可以阻止这些健康问题的发生。

### 关于 HPV 的知识

- 与 HPV 病毒感染者口交、阴道交或肛交，都可能使您面临罹患风险。
- 即使感染者无任何体征或症状，也会传播 HPV。
- 只要有性生活，即使只有一位性伴侣，也可能感染 HPV。
- 您可能在与感染者发生性关系数年后才出现症状，导致很难获知具体感染时间。
- 在大多数情况下，HPV 会自行消失，不会引起任何健康问题。
- 如果 HPV 不会消失，则会引起生殖器疣和癌症等健康问题。
- 吸烟会使罹患子宫颈癌的风险加倍。

## Lower Your Risk

### Get vaccinated.

- HPV vaccines are safe and effective. They can protect males and females against diseases (including cancers) caused by HPV.
- All boys and girls ages 11 or 12 years should get vaccinated, but the vaccine can be given from age 9 to 26.
- If you are age 27 to 45 and have not been vaccinated for HPV, ask your doctor if getting the vaccine is right for you.

### Get screened for Cervical Cancer.

- Routine screening for women aged 21 to 65 years old can prevent cervical cancer.

### If you are sexually active:

- Use latex condoms the right way every time you have sex. This can lower your chances, but may not give full protection.
- Have sex only with someone who only has sex with you.

Talk to your doctor or nurse if you have any questions or concerns.

## 降低风险

### 接种疫苗。

- HPV 疫苗安全有效。它们可以保护男性和女性免受 HPV 引发疾病（包括癌症）的侵害。
- 所有年满 11 或 12 岁的男孩和女孩都应接种疫苗，但疫苗的接种年龄可从 9 岁到 26 岁。
- 如果您的年龄在 27 岁至 45 岁之间，并且尚未接受过 HPV 疫苗接种，请咨询医生是否适合接种疫苗。

### 接受宫颈癌筛查。

- 21 至 65 岁之间的女性可通过例行筛查预防宫颈癌。

### 如果您有性生活：

- 每次性交时，以正确的方式使用乳胶避孕套。这种方式虽然可以降低风险，但可能无法提供全面的保护。
- 您的性伴侣不能同时与多人存在性关系。

如果有任何疑问或担心，请咨询医生或护士。