

Important Notice for first-year junior high school girls and their guardians

Notice on Human Papilloma Virus Vaccination

This is information about the HPV vaccine, which helps prevent HPV infection that can cause cervical cancer. Eligible individuals can receive the vaccination at public expense.



HPV vaccination and cervical cancer screening can help prevent infection and detect precancerous changes early, reducing the risk of cervical cancer and death. Please understand the benefits and possible side effects before deciding to get vaccinated.

Eligibility

Girls date. equivalent to 6th graders to 1st-year high school students, registered residents of Tsukuba City as of the vaccination

This notice has been sent to individuals in Tsukuba City with no confirmed record of a second or third HPV vaccine dose as of the end of March 2026.

※In the case you have just moved in Tsukuba City or have recently been vaccinated may receive this, even if they have already been vaccinated or possess the pre-vaccination questionnaire. In such cases, please discard this notification. For vaccination records, please confirm the Mother and Child Health Handbook(*boshi-techo*).

Routine vaccination period

Until the end of March of the first year of high school

(If you are a first-year junior high school student in the fiscal year 2026, you can take HPV vaccination free until the end of March 2030.)

HPV vaccination schedule

From April 2026, only the 9-valent vaccine (Silgard) is used for routine vaccination. If the first dose is given before age 15, two doses are enough.

Vaccination Schedule

Vaccine Used
9valent
Silgard

If the first dose is received **before the age of 15.**



2 doses in total

If the first dose is received **after the age of 15.**



3 doses in total

Vaccination should be completed within one year.

※1 The interval between the 1st and 2nd doses should be at least 5 months. If the interval is less than 5 months, 3rd dose will be required.

※2-3 If the 2nd dose cannot be administered 2 months after the 1st dose and the 3rd dose cannot be administered 6 months after the 1st dose, the interval between 1st and 2nd doses should be at least 1 month (※2), the interval between 2nd and 3rd doses should be at least 3 months.(※3)

Place

- ① Tsukuba City Vaccination Partner Clinics
- ② Ibaraki Prefecture Vaccination Partner Clinics
- ③ Other medical institutions – Application required ※4



Details for
① & ②



Details for ③

How to get vaccinated

※4 If you receive the vaccination without applying, you must pay the full cost. For details, please check the city website using the QR code.

(1) Make an appointment at a medical institution.

(2) Please bring the following to the medical institution on the day of vaccination.

- Maternal and Child Health Handbook ● Pre-vaccination questionnaire (enclosed)
- My Number health insurance card or other ID (age and address)
- Letter of authorization

(Only in the cases where a parent or guardian cannot accompany the child, ask a grandparent or someone else.)

Please be sure to read the information on the effectiveness and side effects of the HPV vaccine on the Ministry of Health, Labor and Welfare website, as well as the instructions on the back of the pre-vaccination questionnaire and the enclosed leaflet.

Contact: Health Promotion Division, Tsukuba City

☎029-883-1111 (main line) 8:45~16:30

(except weekends and holidays)

The Human Papillomavirus (HPV) vaccination

More information about HPV vaccine is available on the website of the Ministry of Health, Labor and Welfare. Please check the website via the QR code on the right.



Precautions for the vaccination

- Get vaccinated when you are in good health.
- If you wish to receive the vaccination, please plan your schedule so that you can complete it within the routine vaccination period. If the routine vaccination period has passed, the vaccination will be voluntary and must be paid in full.
- If you feel unwell or have any concerning symptoms after receiving the HPV vaccine, please consult a doctor and consider whether to continue vaccination.

Consultation service for HPV vaccination

After receiving the HPV vaccine, common side effects may include fever, pain or swelling at the injection site, pain from the injection, stress or anxiety, and fainting triggered by pain.

After vaccination, various symptoms have been reported such as pain spreading or radiating, difficulty in moving limbs and involuntary movement (parts of the body moving on their own without intent). If you have such symptoms, please consult.

(These various symptoms are reported in a certain number of cases even among those who have not received the vaccine.)

① When you have any concerning symptoms after the vaccination

First, please consult with the doctor who administered the vaccination or your family doctor. If you wish to consult with “cooperative medical institutions for side effects after HPV vaccination” please inform your doctor about it.

② When you have concerns, questions, or problems

Each prefecture has consultation offices for people who have symptoms after HPV vaccination. One office is in the health department and one is in the education department.

③ Ministry of Health, Labour and Welfare HPV Vaccine Consultation Service

Provides consultation on HPV vaccines and other infectious diseases.

【 Ministry of Health, Labour and Welfare website 】

Based on “Human Papillomavirus (HPV) Infection – Cervical Cancer and the HPV Vaccine” and the “List of Consultation Services for the HPV Vaccine.”

Consultation on relief for health problems caused by vaccination

Serious health problems after vaccination are extremely rare but can occur. If health problems are recognized as related to a routine vaccination, compensation may be provided. If you need to apply, please consult your doctor or Tsukuba City. For details, please visit the Vaccine Injury Compensation Program website.



City website
(Vaccine Injury
Compensation
Program)