



# Guide to HPV

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This package was created by the Healthy U program at the University of Manitoba. Healthy U is a UM student group made up of a team of friendly volunteers who are trained student health educators.

We provide students with validated health information through our health packages and outreach events, online resources, and one-on-one support. Health topics that we provide resources on include mental health, sexual health, physical health, substance use, social and cultural wellness, and finding a balance.

Please reach out to us if you have any questions at:  
[healthyu@umanitoba.ca](mailto:healthyu@umanitoba.ca)

# What is HPV?

HPV, or human papillomavirus, is the most common STI. Most of the time it's harmless, but some kinds can lead to genital warts or cancer.

## How do you get it?

HPV is spread through skin-to-skin sexual contact. It can be spread without penetration because the virus lives on the skin. It can also live in the mouth and throat, so can be spread this way as well.

## How do I prevent it?

There is a vaccine available for men and women which prevents some types of HPV. Ask your doctor if you are eligible for this vaccine or if you have gotten it already (some people received it in elementary school). Unfortunately, the vaccine does not prevent all types, and condoms don't effectively prevent it (although they will still help!). It is important to be screened regularly so you can receive treatment as soon as possible if you get infected.

## How do I get tested?

Women can be tested for HPV through a pap test. This can be done by your family doctor. Unfortunately there aren't really tests for men - talk to your family doctor about making sure you stay healthy.

## Is it treatable?

There is no cure for HPV, however your body can often fight off the virus on its own before it gets too serious. Regular screening allows your doctor a chance to check cancer from high-risk HPVs before it has progressed.

# UM Resources

## STIs and STI Testing

### University Health Services (UHS)

UHS has health care providers that can do STI testing.

ACW-Lot temporary trailer (behind the Isbister building)

204-474-8411

<https://umanitoba.ca/student-supports/health-wellness/university-health-service>

### University Pharmacy

The University Pharmacy is a full service pharmacy. Health care products, cosmetics, dorm essentials, healthy snacks, prescription items, and immunizations.

111 University Centre

204-474-9323

<https://umanitoba.ca/campus-services/university-centre-pharmacy>

### Health and Wellness

The Health and Wellness Educator is a Registered Psychiatric Nurse and available to talk about health and wellness topics.

469 UMSU University Centre (within the SCC)

204-295-9032

[healthandwellness@umanitoba.ca](mailto:healthandwellness@umanitoba.ca)

<https://umanitoba.ca/student-supports/health-wellness>

### Healthy U

Healthy U can provide student with information about health and wellness topics.

<https://www.healthyuofm.com/>

### Women's Centre

The Women's Centre offers condoms, pregnancy tests, and free menstrual products.

190 Helen Glass Centre

[womensrep@umsu.ca](mailto:womensrep@umsu.ca)

<https://umsu.ca/student-clubs-associations/student-clubs/womens-centre/>

# Off Campus Resources

## STIs and STI Testing

You can access STI testing with your family doctor, walk-in clinic, or Access Centre.

### **Nine Circles Community Health Centre**

204-940-6000

<https://ninecircles.ca/>

### **Klinik**

204-784-4090

<https://klinik.mb.ca/>

### **Women's Health Clinic**

204-947-1517

<https://womenshealthclinic.org/>

### **NorWest Co-op Community Health**

204-940-2020

<https://norwestcoop.ca/>

### **Mount Carmel Clinic**

204-582-2311

<https://www.mountcarmel.ca/>

### **Youville Community Health Resource Centre**

204-255-4840

[youville.ca/health-centre](http://youville.ca/health-centre)

### **Aboriginal Health & Wellness Centre of Winnipeg**

204-925-3700

<https://ahwc.ca/>

### **Family Doctor Finder**

If you do Not have a family physician but would like to connect, you can call the Family Doctor Finder line for assistance.

204-786-7111

<https://www.gov.mb.ca/health/familydoctorfinder/>