

UNDERSTANDING HPV

The Silent Threat to Our Girls



- **Cervical Cancer:** This is the most common cancer caused by HPV and is a leading cause of death among women in many communities. Early stages are often symptom-free.
- **Other Cancers:** HPV can also lead to cancers of the vulva, vagina, anus, mouth, and throat.

STAY SAFE! GET VACCINATED AGAINST HPV!

Other Resources Available
in the Toolkit Series for HPV

Pamphlets
Flyers
Guide for Boys
Guide for Professionals
Guide for Parents/Guardians
Video Animation Series
TV Series
Radio Series
Website

This HPV+ tool kit was developed by the National AIDS Council with the support of UNICEF, Ministry of Health and Child Care, Ministry of Primary and Secondary Education and the Young People's Network on Health and Wellness

© Copyright 2025: The National Aids Council of Zimbabwe

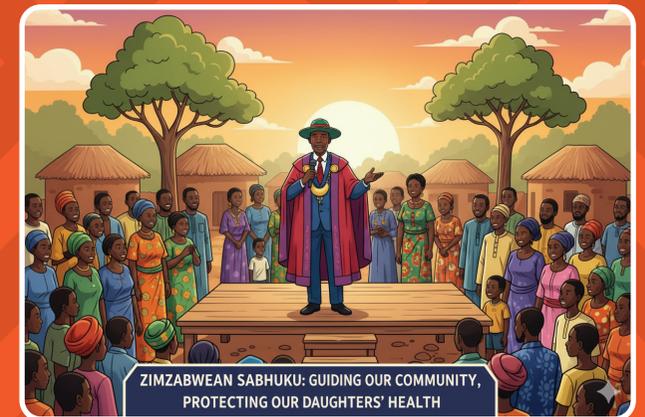


unicef
for every child



SAFEGUARDING OUR FUTURE

Why HPV Vaccination Matters
for Every Young Girl in Our
Community



A Critical Message for Pastors,
Chiefs, and Community Leaders



unicef
for every child



www.hpv.org.zw

THE SOLUTION

The Power of Prevention: Why Early Vaccination is Key

The HPV vaccine is an incredibly safe and highly effective tool. When given at a young age, it provides the best defense against HPV-related cancers.

- **Best Protection Before Exposure:** The vaccine works by building the body's immunity before a girl is exposed to the virus.
- **Strong Immune Response:** Girls in Grade 5 or aged 10 years have the strongest immune response to the vaccine, often needing only two doses instead of three required for older teens.
- **A Cancer Shield:** The vaccine protects against the types of HPV that cause about 90% of cervical cancers.

Our Goal: To protect our daughters now, ensuring they live long, healthy lives free from this preventable cancer.

ACTION & MYTHS

Your Role: Becoming a Champion for Health

As a respected community leader, your voice holds great weight. You can help save lives by:

- **Educating Your Flock/Community:** Share the fact that the HPV vaccine prevents cancer and should be given at age 10 or Grade 5.
- **Addressing Concerns:** Help dispel common myths about the vaccine (see below).
- **Connecting Families:** Encourage parents to talk to their healthcare provider or local clinic about scheduling the vaccination.

BIUSTING THE MYTHS

PROTECT OUR COMMUNITY'S FUTURE

Cervical cancer is not a destiny; it is a preventable disease. By supporting the HPV vaccination campaign, you are:

- **Saving Lives:** Directly reducing the risk of cancer for the young women in your care.
- **Preserving Families:** Preventing the loss of mothers, daughters, and sisters.
- **Strengthening the Community:** Ensuring a healthier, more vibrant future for everyone.

We Urge You: Use your influence to endorse, promote, and encourage the HPV vaccine for all girls in Grade 5 or aged 10. Let's work together to make cervical cancer history in our community.

KUNZWISISA NEZVE HPV

Njodzi isingataurwe
kuvasikana vedu



- Kenza yemumuromo weChibereko: Iri ndiro gomarara rinowanzoitika rinokonzerwa neHPV uye ndiro riri kunyanya kuuraya vakadzi munharaunda zhinji. Matanho ekutanga haawanzo ratidza zviratidzo.
- HPV inogona zvakare kukonzera gomarara rekunze kwechikadzi (vulva), mukati mechikadzi (vagina), makumbo (anus), muromo, uye pahuro.

GARA WAKACHENGETEKA! TORA JEKISENI (KANA KUDZIVIRIRWA) RE HPV!

Zvimwe Zvinyorwa Zviripo

Mapepa

Mapepa ekuparadzira
Bhuku reKutungamira Vakomana
Bhuku reKutungamira Nyanzvi
Bhuku reKutungamira Vabereki
Nhevedzano yeMavhidhiyo Ekuoneswa
Nhevedzano yeTerevhizheni
Nhevedzano yeNhepfenyuro
Webhusaiti

Iyi HPV+ tool kit (kana bhegi rezvirongwa re HPV+) yakagadzirwa neNational AIDS Council nerutsigiro rweUNICEF, Ministry of Health and Child Care, Ministry of Primary and Secondary Education, pamwe neYoung People's Network on Health and Wellness.

© Copyright 2025. The National Aids Council of Zimbabwe

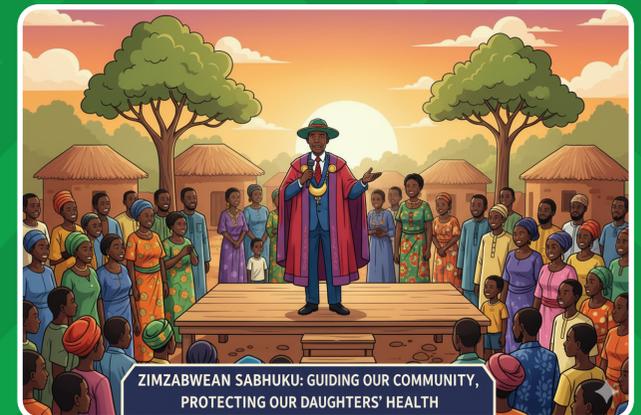


unicef
for every child



KUCHENGETEDZA RAMANGWANA REDU

Sei Kudzivirirwa (kana Kujekisenwa) kweHPV
Kuchikosha Kune Musikana
Wese Mudiki Munharaunda
Yedu



Shoko Rinokosha (kana Rinorema) kuVafundisi,
Madzishe, neVatungamiri
veNharaunda



unicef
for every child



www.hpv.org.zw

MHINDURO

Simba reKudzivirira: Sei Kujekisenwa Kwekutanga (kana Kwekuchimbida) Kuchikosha

Jekiseni (kana Mushonga wekudzivirira) re HPV chinhu chakachengeteka zvisingaiti uye chine simba guru. Kana rikapihwa pazera diki, rinopa dziviriro yakanakisisa pakurwara nemamwe magomarara anokonzera neHPV.

● **Dziviriro Yakanakisisa Ndisati Ndabatwa neHutachiona:** Jekiseni rinoshanda nekusimbisa muviri wemwanasikana kuti uviruke (immune) asati abatwa nehutachiona (virus).

● **Kusimba Kwekudzivirirwa neMuviri:** Vasikana vari muGiredhi 5 kana vane makore gumi ndivo vane simba guru rekuviruka kumuchetura wejekiseni, zvichiita kuti vawanzoda majekiseni maviri chete panzvimbo yeatatu anodiwa kune vechidiki vakuru.

● **Nhoo yeGomarara:** Jekiseni iri rinodzivirira marudzi eHPV anokonzera inosvika 90% yegomarara rechibereko.

Chinangwa Chedu: Kudzivirira Vana Vedu Zvino (Kubva muGomarara)

ZVEKUITA UYE MANYEPO

Basa Rako: Kuva Gamba reZveutano

Semutungamiri wenharaunda anoremekedzwa, shoko rako rine simba guru. Unogona kubatsira kuponesa hupenyu ne:

● **Kudzidzisa Vanhu Vako/Nharaunda Yako:** Goverana chokwadi chekuti jekiseni re HPV rinodzivirira gomarara uye rinofanira kupihwa pazera re makore gumi (10) kana muGiredhi 5.

● **Kugadzirisa Zvinoshungurudza:** Batsira kubvisa ngano (manyepo) dzinowanikwa nezvejekiseni (ona pazasi).

● **Kubatanidza Mhuri:** Kurudzira vabereki kuti vataure nenyanzvi yezvehutano kana kukiriniki kwavo kwekumba nezve kuronga kupihwa kwejekiseni.

KUCHENGETEDZA RAMANGWANA RENHARAUNDA YEDU

Gomarara rechibereko harisi dambudziko risingadzivisike; chirwere chinodziviririka. Nekutsigira hurongwa hwejekiseni re HPV, uri kuita:

● **Saving Lives:** Kuponesa Hupenyu: Kudzikisa zvakananga njodzi ye gomarara kuvasikana vadiki vari pasi pehutungamiri hwenyu.

● **Preserving Families:** **Kuchengetedza Mhuri:** Kudzivirira kurasika kwaAmai, Vana Vechikadzi, neHanzvadzi.

● **Strengthening the Community:** Kusimbisa Nharaunda: Kuve nechokwadi chekuti kune ramangwana rine hutano uye rine simba kune wese.

Kurudzira Jekiseni re HPV kuvasikana (Grade 5/Makore 10). Ngatipedzei Gomarara rechibereko.

UKUZWISISA NGE-HPV

Ingozi ethule
emantombazaneni ethu



- I-Cancer Yesibeletho: Le yikhesha (cancer) ejayelekileyo ebangwa yi-HPV njalo yiyona ebulala kakhulu abesifazane emphakathini eminengi. Izigaba zokuqala zivame ukungabi lezibonakaliso.
- I-HPV ingabangela futhi amakhesha endawu yangaphandle yesifazane (vulva), yesitho sangasese (vagina), kwisisu (anus), emlonyeni, kanye emphinjeni.

HLALA UPHEPHILE! THATHA UMJOVO (OR UKUGOMA) WE-HPV!

Ezinye Izinsiza Ezikhona

Amaphepha
Amaphepha Okusabalalisa
Inkomba Yabafana
Inkomba Yabachwepheshe
Inkomba Yabazali
I-Series Yamavidiyo Opopayi
I-Series yeThelevishini
I-Series ye-Radio
I-Webhusayithi

Le HPV+ tool kit (or ibhaga yezinhlelo ze-HPV+) yathuthukiswa yiNational AIDS Council ngoxhaso lweUNICEF, Ministry of Health and Child Care, Ministry of Primary and Secondary Education, kanye leYoung People's Network on Health and Wellness.

© Copyright 2025. The National Aids Council of Zimbabwe



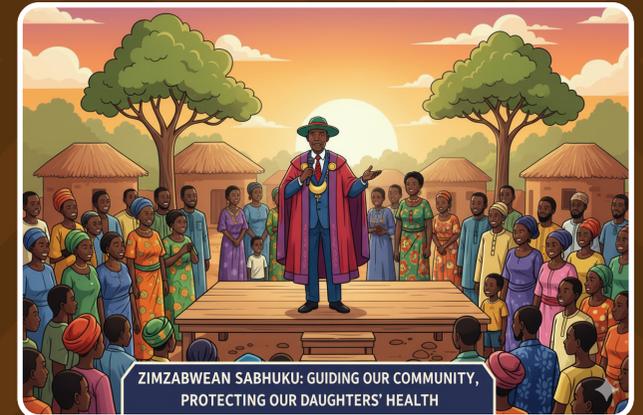
unicef
for every child



www.hpv.org.zw

UKULONDOLOZA IKUSASA LETHU

Kuzwisisa Ukuthi Kungani
Ukugoma nge-HPV Kubalulekile
Entombazaneni Encane Yonke
Emphakathini Wethu



Umlayezo Obalulekileyo (or
Oqakathekileyo) Kubafundisi,
Kumakhosi, kanye Labakhokheli
Bomphakathi



unicef
for every child



ISIXAZULULO

Amandla Okunqanda (or Okwenqabela): Kungani Ukugoma Kusenesikhathi Kubalulekile

Umjovo (or Isigomelo) we-HPV uyithuluzi eliphephe kakhulu njalo elisebenza kakhulu. Nxa unikelwa kusese kuncane, uphoqa ukunqanda okungcono kakhulu kumakhesha ahambelana le-HPV.

● **Ukunqanda Okungcono Kakhulu Ngaphambi Kokubamba I-Virus:** Umjovo usebenza ngokwakha amandla okuzivikela (immunity) esithweni somntwana wesifazane ngaphambi kokuthi adlulele ku-virus.

● **Amandla Amakhulu Okuzivikela Esithweni:** Amantombazane aku-Grade 5 kumbe aleminyaka elitshumi yiwona anika amandla amakhulu kakhulu okuzivikela esigomelweni, njalo avame ukudinga imijovo emibili kuphela endaweni yemithathu edingeka kubatsha asebekhulile.

● **Isihlangu Se-Cancer:** Umjovo lo uyavikela kukhona izinhlobo ze-HPV ezibanga cishe i-90% ye-cancer yesibebletho.

Inhloso Yethu: Ukuvikela amadodakazi ethu khathesi, siqinisekisa ukuthi bahlala impilo ende, ephileyo engenakhesha (cancer) engavinjelwa.

ISENZO KANYE LEZINGANEKWANE

Indima Yakho: Ukuba Liqhawe
Lezempilo

Njengomkhokheli womphakathi ohloniphekayo, ilizwi lakho lilamandla amakhulu. Ungasiza ekusindiseni impilo nge:

● **U k u f u n d i s a Ibandla/Umphakathi Wakho:** Yabelana ngeqiniso lokuthi umjovo we-HPV uyanqanda i-cancer njalo ufanelwe unikelwe ngeminyaka elitshumi (10) kumbe ku-Grade 5.

● **Ukulungisa Okukhathazayo:** Siza ukukhipha izinganekwane (amanga) ajayelekileyo mayelana lomjovo (bona phansi).

● **Ukuxhumanisa Imuli:** Khuthaza abazali ukuthi bakhulume lomhlinzeki wezempilo kumbe umtholampilo wabo wendawo mayelana lokuhlela ukugoma.

UKUVIKELA IKUSASA LOMPHAKATHI WETHU

I-cancer yesibebletho kayisikho okuphambili; yisifo esingavinjelwa. Ngokweseka umkhankaso wokugoma we-HPV, uyabe wenza:

● **Saving Lives:** Ukusindisa Impilo: Ukwehlisa ngqo ingozi ye-cancer emantombazaneni amancane angaphansi kokunakekela kwenu.

● **Preserving Families:** Ukulondoloza Imuli: Ukuvinqanda ukulahleka kwaboMama, Amadodakazi, kanye Lodadewethu.

Strengthening the Community: Ukuqinisa Umphakathi: Ukuqinisekisa ikusasa eliphileyo, elithuthukileyo kuwo wonke umuntu.

Khuthaza Umjovo we-HPV emantombazaneni (Grade 5/Imnyaka 10). Asiphedeni i-cancer yesibebletho.