Sexual Health – Information Resource

What are some Safe Practices?

- **Get vaccinated for protection against diseases and infections**
  The vaccines available in Singapore include the Human Papillomavirus (HPV) and Hepatitis B vaccines. The University Health Centre (UHC) provides both vaccines (more information below).

- **Go for regular screening**
  Many Sexually Transmitted Infections (STIs) / Diseases (STDs) can go undetected due to the lack of symptoms. Regular screening is the best method for early detection and treatment to prevent future complications. Consult your doctor on the type of screening you should opt for.

- **Observe good personal hygiene**
  This includes washing up before and after any sexual activity and refraining from sharing of towels or undergarments, as well as objects such as razors, needles, or sexual toys.

- **Abstaining from sex or casual sex**
  Practising abstinence from sex or monogamy are some ways to alleviate the chances of contracting an STI / STD.

- **Use contraceptives such as condoms**
  Condoms are often used primarily as a form of contraception. Individuals who practise other forms of contraception may omit the use of condoms, which in turn places them at higher risks of an STI infection. It is important to note that condoms play a key role in the prevention of an STI / STD transmission.

Overview: STI-related Vaccinations

**Human Papillomavirus (HPV) Vaccination**

The HPV vaccines approved for use in Singapore are Cervarix and Gardasil 9.

The HPV vaccination offers protection against specific types of HPV infection that may lead to cervical cancer.

Cervarix provides protection against 70% of all cervical cancers.

Gardasil 9 provides protection against 90% of cervical cancers. It also provides protection against other specific cancer- and non-cancer-causing strains of HPV infection. It is clinically effective for both males and females.

The vaccine is most effective if given before the first sexual exposure. It is still beneficial for individuals who are sexually active, as they may not have been exposed to the HPV strains covered by the vaccine.

UHC offers the Gardasil 9 vaccination, which is administered in the form of an injection over three doses in the following intervals (1st dose, 2 months after the 1st dose, and 6 months after the 1st dose).

Continued on the next page
Always consult a doctor if you are unsure about your vaccination eligibility.

**Is the vaccine completely effective for HPV prevention?**

- As with any vaccination, the HPV vaccination does not provide 100% protection. Cervical cancer can be caused by other HPV subtypes which the vaccine does not protect against.
- The HPV vaccination is not a substitute for routine cervical cancer screening. Women who have received vaccination should continue regular cervical screening according to the local guidelines.

---

**Hepatitis B Vaccination**

The Hepatitis B vaccination protects against the Hepatitis B virus, which infects the liver.

The Hepatitis B vaccine is effective only for people who have not been infected with the Hepatitis B virus. Individuals who do not have antibodies from a previous Hepatitis B infection and who are not Hepatitis B carriers can receive the vaccination.

UHC offers the Hepatitis B vaccination, which is administered in the form of an injection over three doses in the following intervals (1st dose, 1 month after the 1st dose, and 6 months after the 1st dose).

Always consult a doctor if you are unsure about your vaccination eligibility.