

FACE THE *facts*



FACE YOUR *Health*

FACE YOUR *fears*
FACE YOUR *Health*

A PROMISE to Myself

I can protect myself from cervical cancer by getting screened. I promise to take these steps for screening:

- ☐ Make an appointment to get screened.
- ☐ Find someone to watch my children, grandchildren, or any other family members I care for.
- ☐ Find a way to get to my appointment.
- ☐ Go to my appointment.
- ☐ Get my test results and make sure I understand them.
- ☐ Go for a follow-up appointment if I need to.

For keeping my promises, I'm going to treat myself to:

I promise to take these steps by: _____ (Date)

Sign Here: _____

Remember: One screening is not enough. Regular screening can help prevent cervical cancer or find it early when it's easier to treat. Get a Pap test every 3 years. Or get an HPV test, or an HPV test and a Pap test together, every 5 years. Make this a promise to yourself for life.

