

FACE THE *facts*



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:

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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.

