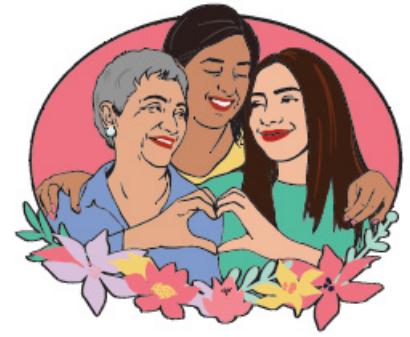


My Promise



For me and my family, it is important that I get screened for cervical cancer. I will:

- Think about getting screened.
- Talk to my partner, friend, relative, or the community health worker about getting screened.
- Use the resources provided to help me get screened.
- 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.
- Get screened for cervical cancer.
- Get my test results and make sure I understand them.
- Go for a follow-up appointment if I need to.

I promise to myself and to my family to take these steps by _____.
date

Signed by: _____
signature

**I will make a promise to myself and to my family!
Getting screened can help me stay healthy!**

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 alone—or an HPV test and a Pap test together—every 5 years.

AMIGAS