My Promise

For me and my family, it is important that I get a Pap test. I will:

- Think about getting a Pap test.
- Talk to my husband/boyfriend, a friend, a relative, or the promotora about getting a Pap test.
- Use the resource sheet to help me get a Pap test.
- Make an appointment to get a Pap test.
- Find someone to watch my children (grandchildren).
- Find a way to get to my appointment.
- Go for a Pap test.

I promise, to myself and to my family, to take these steps by ________________________________.  

Sign  ………………………………………………………………………………………………………

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