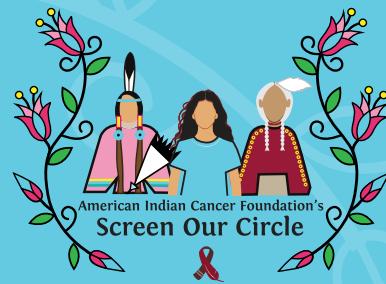


CERVICAL CANCER SCREENING SAVES LIVES.

HPV Self Testing (human papillomavirus)



Many native women are at a higher risk for cervical cancer, but it doesn't have to be our story, there is now a self test.

What is HPV?

HPV is a virus that can lead to cervical cancer. You may not feel sick, so the only way to know if you have the virus is to test.

Why self-testing?

- ✓ It's safe
- ✓ It's private
- ✓ Takes less than 5 minutes

Who should test?

If you are between 30 – 65 years old and haven't had a Pap or HPV test in the last few years, talk to the clinic about self-testing.

How often?

If your result is normal, you only need to test every 3 years.

“When the doctor said I could take the test myself at the clinic, I felt more comfortable and in control.”

Take Control of your health!

Ask your clinic if a self-test is available. Protecting your health is one way to honor your family and your future. Indigenous health starts with you.

