

Do you have a cervix?

Are you due for your cervical screening?



Did you know?

3 out of 4 people will be infected with HPV in their lifetime - through any skin-to-skin sexual contact below the waistline with fingers, mouths or other body parts, even without penetration.

Cervical screening – which up until now was done with the Pap test – is transitioning to the HPV test. It is a more advanced and accurate technology performed the same way.

The HPV vaccine is a safe and effective tool that protects people from different types of HPV that can lead to 9 types of cancers, including cervical cancer.

Condoms do not fully protect people from this virus because there is still direct skin-to-skin contact.

HPV testing is available for a fee, possibly covered by private insurance. Hopefully it will be free soon because it will have been integrated into your healthcare system.



Three ways I can protect myself:

1. I will look into getting the HPV vaccine no matter my age, sexual orientation, gender identity or relationship status.



2. I have a cervix. I will scan the QR code to see at what age I start cervical screening with an HPV test and when I am due to go back.



3. I will talk to my loved ones about getting the HPV vaccine and getting cervical screening with an HPV test. I will scan the QR code for more information on HPV vaccination.

