



Get together with the women you care about and go for your Cervical Smear Tests.

You and your friends can make your appointments for the same day. That way you can go along together and support each other.

A smear test will tell you if there are any changes to the cells on your cervix. These changes are caused by a common, sexually transmitted virus called Human Papillomavirus (HPV) that most women have at some stage in their lives. Usually the virus just goes away by itself but in a few cases it can lead to cervical cancer.

A smear test can find the changes before cancer has a chance to develop. So encourage your friends to go. You could help save their lives.



Don't put it off.

Contact your nurse, doctor or
local health worker for an appointment.

Call 0800 729 729 for more information.

Or visit www.cervicalscreening.govt.nz



New Zealand Government