



- Women to start getting regular Pap tests at age 21
- Women to get the HPV vaccine before age 27
- Parents to make sure their pre-teens get the HPV vaccine at age 11 or 12
- Men to get the HPV vaccine if you are under age 22

Thanks to the health care reform law, many people may be able to get these services at no cost to you. Advise people to check with their insurance company.

Taking small steps can help keep your community safe and healthy.

**For information for your local chapter to promote cervical health awareness visit the resources listed below:**

National Cervical Cancer Coalition Toolkit

<http://www.nccc-online.org/index.php/outreach>

Healthfinder.gov Cervical Health Awareness Toolkit

<http://healthfinder.gov/NHO/JanuaryToolkit.aspx>

HPV Vaccine Questions & Answers

<http://www.cdc.gov/vaccines/vpd-vac/hpv/vac-faqs.htm>