## **Steps to Prevent Cervical Cancer**



The U.S. Department of Health and Human Services recommends the following steps to help prevent cervical cancer:



**Get the human papillomavirus (HPV) vaccine.** Girls should get the vaccine beginning at age 11 or 12. Some women through age 45 who did not get the shots when younger may still benefit from getting them. Talk to your health care provider about options.



Be sure children get the HPV vaccine. A 2017 – 2018 Centers for Disease Control and Prevention report indicated that, despite clinical recommendations, there has been no recent increase in HPV vaccinations for adolescent girls.





Encourage women to get a physical every year. Make the appointment, keep it, and bring questions to ask.



Ask your provider if any special instructions are needed before getting a cervical screening test. A variety of factors may cause an inaccurate result.



Ask if it is time for a Pap test and/or HPV test and complete the tests after consulting with a provider.

These tests can help find cervical cells that are infected with HPV or have other abnormalities *before* they turn into cervical cancer.

shows any abnormalities, consult with a uss a plan moving forward.